

Island Times

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

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR

Volume 4 • Issue 1

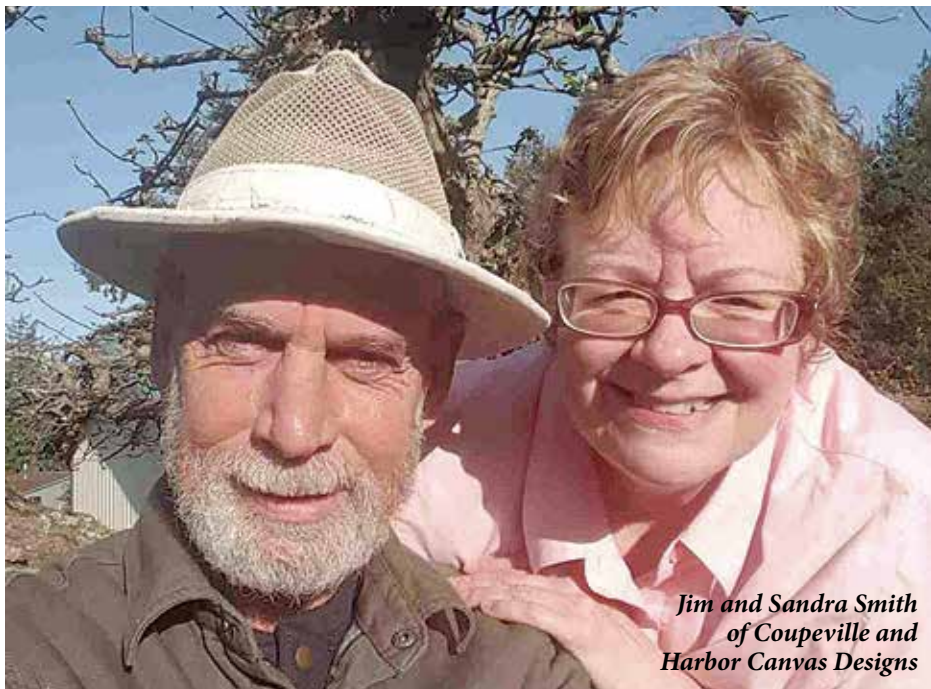
From Marine Dodgers to Face Shields, Flexing Skills to Fill the Need

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

Do all good ideas have to come at 3:00 AM? Lying in bed, wishing to be asleep, and there it is. That good idea, one that you can't get out of mind. Not until you write it down, or take action. Which is exactly what Coupeville resident Jim Smith did when his idea to convert his skills and resources as a boat cover maker to making needed PPE for our first responders came to him.

Jim is the owner and fabricator at Harbor Canvas Designs, a local company that custom makes marine covers, dodgers, biminis and enclosures. Jim has been fabricating these items since 1992 and started Harbor Canvas Designs in 1998. Prior to

NEED continued on page 12



Jim and Sandra Smith
of Coupeville and
Harbor Canvas Designs



Holding It Together

By Christina Baldwin
Board Member, Island Senior Resources

I wake each morning, and before I move, I find myself reciting the days of the week, wondering which one this is. Sunday, Monday, Tuesday, one of them seems to light up in my mind as I go by—okay then, that must be today. I peer through the slats of the window shade to notice the weather: rainy, cloudy, sunny, windy, or still. Then I do some basic exercises before even getting out of bed, leg pumps, spinal twists, then sitting at the edge of the bed for some more stretching... and I'm up. It's 7:15. I have fifteen minutes to start the teapot and check emails to see if there is anything personal—the news can wait awhile. Then our five-month-old puppy

"It is extraordinary what is happening. And there is gold, I believe, in this strange time."

~Mariangela Gualtieri

yips from her kennel, and our day of tending the household begins. My partner and I meet at the dining table and talk out the pattern of the day because it is up to us to design how we will live this moment, these hours, the day, the week, the month, this necessary pause and isolation in pandemic time.

In the first stage of confinement, the most common question was, "You okay?"

In the next stage of confinement, the

TOGETHER continued on page 3

QUESTION OF THE MONTH: HOW WOULD YOU LIKE TO BE REMEMBERED?

Wendy Gilbert

Freeland

"As someone who made a difference in the lives of others."

Donna Rose, 91

Oak Harbor

"I would like to be remembered as a sunbeam."

Dagmar Kirk Wood

Whidbey Island

"As that lady who was always friendly."

Vickie Olson, 68

Oak Harbor

"Incredibly fun-loving and very happy and thankful for everything."

David Holzer, 75

Oak Harbor

"I want to be remembered as a social butterfly."

Addie Schille

Clinton

"As someone who would share her toilet paper with those in need."

Paula Brock, 61

Oak Harbor

"As a kind person."

Bobbie Kimberly

Freeland

"For the love and care that I share with others."



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FROM THE EXECUTIVE DIRECTOR

COVID 19 and A Path to Self-Care

By Cheryn Weiser, Executive Director, Island Senior Resources

We are an independent lot, we Americans. We put a premium on self-reliance and self-sufficiency. We may not ask for help easily, and when we do, we may have waited until we feel a little desperate, or our situation has become urgent.

I want each of us to think differently now, in this incredibly strange COVID-19 universe we are living in. What do you need to make it through this time? Is it connection with others by phone/Facetime, email, Skype, or Zoom? Are your cupboards becoming bare and you are struggling to decide whether to go out on your own or ask someone to help you out? Do you need a prescription refilled, but you are concerned about making the trip? Would Meals on Wheels help you stay nourished at this time? Island Senior Resources is here for you and here's how to connect with us:

Phone: Call 360-321-1600 or 360-678-3373 option 0 to talk with one of our staff about your needs for grocery pick up, transportation to a medical appointment, other issues, or just to hear a friendly voice. (Someone will either directly answer or call you back when you leave a message, 9 a.m. to 4 p.m., Monday through Friday).

Online: Go to the Island Senior Resources website, www.senior-resources.org/, and click the Online Help Request button on the home page.

Don't be afraid to ask for help!

And, tune into what nourishes you. What are the things within your control that give you hope and a sense of peace and

well-being? Is it your favorite music? What about that beloved movie you haven't taken the time to watch for years? Are you engaging with those you love and care about? Or, have you read a good book, spent time in your garden, pulled out your art supplies, gotten some exercise, and some extra sleep for this journey? And speaking of nourishment, is there a favorite meal that is comfort food you can easily prepare? If not, remember Meals on Wheels!

I am finding my normal routines, before COVID-19, didn't often provide the time and space for some of these activities. Now, I have the opportunity to include all or many of them in my daily life, even if my office is now in my family room. I just ordered my veggie seeds, ahead of schedule. I am reacquainting myself with loved music. And, I am finding ways to include little rituals that might be easy to overlook in this time, like making my standard rhubarb pie in the spring (my rhubarb plant is happy this year).

In closing, I want to share a wonderful message written March 16, by an elder of the Hopi Indian Nation, White Eagle:

"In this moment humanity is going through can now be seen as a portal and as a hole.

"The decision to fall into the hole or go through the portal is up to you."

My plea to you during this incredible time is to find ways to nourish your spirit, mind, and body each day. Stay home! Choose to take care of yourself, reach out to others, ask for help, and see this time as a portal to a new era and not a trip down the hole.

WE HELP EACH OTHER

By Charles LaFond, ISR Development Director

These days around and within the COVID-19 pandemic are strange. Unlike the adrenaline-fueled days around a hurricane or earthquake, that which is outside our windows remains beautiful, as spring unfurls around us. And yet, we are acutely aware of seniors around us who may be suffering from the fragility of age and fears from headlines saying older people are particularly vulnerable to the virus. We may know neighbors whose adult family members are disabled. We may know caregivers and can imagine how isolated and exhausted they are. But unlike other disasters, we cannot just grab our shoes and our car keys to go help.

Island Senior Resources is offering a way for you to help right now. We know our clients, where they live, and their caregivers. What they need right now is what we do. We, at Island Senior Resources, are all at work meeting human needs 24/7, hand to hand, and voice to voice, if perhaps not always face to face.

We know you cannot extend your hand from your shelter-in-place position, nor should you. But you can extend your hand by donating to fund our hands at work. Investing in Island Senior Resources right now is the smart way to do the kind thing.

- Perhaps you cannot deliver meals, but you can fund our Meals on Wheels delivery of more than 4,500 meals each month - a shocking 45 percent increase over previous months.
- You may not be able to call our clients to provide essential Medicaid and Medicare advice, moral support and health checks, but you can fund our Aging & Disability Resources staff whose call-volume in the past month has increased 95 percent and whose calls now take 100-150 percent longer to complete because our clients need a caring person to talk to.
- You may need to be staying home, but you can help fund more than 100 trips each month covering 10,714 miles to deliver groceries, medication, and take clients to essential medical appointments.
- You may not be able to provide counseling to Parkinson's support groups, but you can fund our work to gather groups online for virtual support meetings.

Could you extend your hand by funding our hands to reach the most vulnerable people on our island? Could we be your hand?

In the past, we have asked the community many times a year for small gifts but, now, the stakes are higher, and so is the call. We have made a massive switch in 2020 to one annual giving campaign, asking our donors to become real funding partners. One annual request is all we will make, and one significant annual



gift is all we will hope to receive from now on.

What used to be a contribution is now an investment in essential services and the future of our community. Government sources give Island Senior Resources a valuable \$1.7 million, but we need an additional \$2.5 million annually from donations by people like you. And annual gifts pledged or given up to \$100,000 will be matched dollar for dollar until the end of June! So pledge now, please.

To make a pledge or gift, call Charles LaFond, Development Director day or night at 360-210-3011 (pledges may be paid at any time throughout the year). You may also make a gift by mail by sending a check to Island Senior Resources, P. O. Box 939, Freeland, WA 98249. To become a monthly Evergreen Funding Partner, please go online to <https://senior-resources.org/donate/>.

We are in this together. We are making masks. We are making calls. We are making donations. We are being community. Please be the helping-hand of Island Senior Resources with your 2020 investment in our work. There has never been a more crucial time in the care of our older neighbors, our neighbors with disabilities, and our caregiving neighbors. If you will fund the work, we will do the work.

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 (New)
14594 S
Langley, WA

The Center
(in collaboration with Center)
51
Oak Harbor, WA

(in collaboration with Center)
14594 S
Langley, WA 98282

Senior Thrift
14594 S
Langley, WA 98249

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

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Please contact Island Senior Resources
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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.

Senior Thrift
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Island Senior Resources

CLOSED

Check our web site
for store reopening
senior-resources.org

TOGETHER continued from page 1

most common question was, "You staying safe?"

Now the most common question is, "You holding it together?"

This column is an exploration of how routine, ritual, reflection, and purpose help us hold it together.

I shared my wake-up routine, because routine is the foundation for holding ourselves together. And because almost all our personal routines have been interrupted, and drastically altered, we have an opportunity to reassess what is working for us and what changes we want to make.

I wasn't quite so devoted to my little exercises until I realized I am my own primary healthcare provider right now. If I weaken, fall, break something, get sick, my needs stress a medical system that is already hugely stressed, a system that doesn't function the way it did last winter. I can't visit a doctor, physical therapist, chiropractor, naturopath, or even local drugstore without extraordinary preparations and precautions. Best to stay well! And because we're on island, I can design more exercises: dog-walking and beach walking, hikes in the still open trails of the Whidbey Camano Land Trust, and bicycling into my wellness routine.

My friends, PJ and Jon, told me (via Zoom, of course) that they've reverted to their natural rhythms: she's a night owl, he's an early bird, and they are each establishing routines that work for them. PJ reported, "Our bed is actually occupied about 20 hours a day by one or the other of us, and we make sure to have some cross-over snuggle times. We're each so much more relaxed and productive. We two introverts each get alone time, and we have great dinner conversations reporting what we've been up to in the wee hours."

Their routines lead them to dinner prep, candle-light, and increased sense of daily ritual. Ritual is taking ordinary actions and adding consciousness or intention to them. I can grab a cup of coffee and toast and eat it standing up scrolling through the news feed on my laptop, or I can make the coffee with increased awareness of how far these little beans had to travel to my kitchen. I imagine how many unknown hands tended the plants, picked the cherries, dried the beans, packaged, processed, roasted, and shipped them to my local

store where I can stand among brands, flavors, countries of origin, and reach for a pound. I give thanks for this abundance as I set up the pot. That is ritual.

Ritual requires slowing down, and we have been slowed down. We now have time to notice how precious things are that we were taking for granted—the coffee, yes—and also the beauty of living here, the friendliness of friends and strangers, and the rise of gratitude in our hearts.

Friends Martha and Mark, both 78, had just met and started courting when social distancing and isolation set in. They decided to call each other every day at 5:00 PM and have wine and hors d'oeuvres, and read a favorite poem over the phone.

Ritual enriches our days. I am re-establishing rituals that had gotten set aside and have meaning again now. For many years I have kept a little notebook on my nightstand writing down one thing from the day for which I offer special thanks. I ask my partner: "What was your favorite moment today?" I text my grandchildren: tell me something special about your day. I extend this question into phone, social media, video conferencing. We can start those Zoom calls by inviting everyone to speak a gratitude or tell a brief story of something good happening around them. That's ritual.

As the horrifying pandemic numbers mount, I appreciate so much when public faces on the news pause and remind us all these numbers represent real people, mostly people just like you and me. Those who got sick and recovered will mark this passage forever in their lives. Those who died will be missed. Families will never be the same. Pause for a moment of silence and hold the statistics in your heart. We are each a statistic too: we don't know where we fall on the spectrum. This is ritual.

Ritual invites us naturally into reflection. For me, this time allows focus on my own life, on Whidbey life, and also gives me pause to reflect on the larger questions that are always there, but not always tended. Now I let those questions rise. In the confines of my house I ask: What is enough? What if what I have in the house right now is all I get for a long time: how creative can I be with what I have? What can I put out front on the steps to share?

And that raises another line of questions: With whom will I share? Where am I will-

ing to look for need? Where am I willing to ask for help? How is my definition of community being challenged?

Italian poet, Mariangela Gualtieri, wrote mid-March: "I'm telling you this: we needed to stop./ We knew. We all felt it that it was too furious, our frenzy./ ... We needed to stop and we couldn't./ We needed to do it together." Her poem, and other poetry gifted into social media, raises profound questions in me: What do I need to stop and not return to? How can I help my society do things differently? How can I contribute to a more sustainable future? The climate crisis has not gone away. Social injustices have not gone away. How might we respond differently as we emerge?

We just celebrated the 50th anniversary of Earth Day: What about my lifestyle am I willing to shift so that the Earth can heal? There is blue sky and birdsong over Wuhan. There are fish in the canals of Venice. Air quality in Los Angeles is the best in decades. The orcas swimming past Whidbey can hear themselves in a cruise-ship free Sound. All this is beneficial for the world beyond the virus. Will we become better partners with the natural world instead of dominating and destroying it?

That's a question that leads to purpose. Purpose is the linchpin to holding it together. Purpose is knowing why we are getting up; knowing what our priorities are; creating a sense of accomplishment in the day-to-day. In this great Pause, we ask: what is my purpose now?

Especially in the early weeks of being homebound, there was a flurry of cleaning closets, organizing shelves, clearing out, painting the bedroom, recycling

and shredding. It created a sense of accomplishment, but it's not purpose. In the mid-weeks, many began sewing face-masks: a great combination of accomplishment and purpose.

Artist and retired teacher, Mary McLeod, has been sewing masks that incorporate her art as she calligraphies the word "breathe" on the fabric. In response to her daughter's plea for some parenting support, Mary hosts daily "tea-time" with her three granddaughters, ages two, ten, and sixteen. "It's quite an age spread, and we make it work. The ten-year-old has become my co-teacher, and we meet the evening before to do lesson planning. She comes up with themes like Dress Snazzy or Crazy Hair Day. We do a craft every day, we sing and encourage dancing as I take videos of the Community Park trails and we do virtual walks to notice how spring is changing things in the woods. Tea-time last 30 minutes and if the little one has a meltdown in the middle of it, well we just weave that in."

Mary also notes, "Reattaching to my teacher self helps me stay attached to my artist self."

"Breathe," she writes. She doesn't know where most of the masks go or who will wear them, but the care in making them is part of the purpose. In this Pause, we connect beyond what we can touch; we offer out to strangers; we thank one another for caring for themselves as a gift to the whole community. We continue to inquire: You okay? You staying safe?

We are isolated: and we are holding it together.

WEB LINKS TO INFORM & INSPIRE

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

- Visit Museums from Around the World
- Read Lectures, Films, and Library Resources from National Sources
- Stream Musical Performances
- See Performances from Broadway, London Theaters, and KCTS-9 "Great Performances"



Help with Medicare is just a phone call away!

We're still here for you!

Call SHIBA for FREE, UNBIASED help:

360-321-1600, ext. 0

We're your local Statewide Health Insurance Benefits Advisors (SHIBA) program





The Heart of Isolation

Most of us have never experienced weeks of isolation, before these last few weeks. It has been disturbing, disorienting, and for some, it has been frightening to be alone. How many of us have ever spent an extended period of time without seeing someone else? This has been an opportunity for each of us to walk in the shoes of many seniors who are unable to drive, have physical mobility limitations, or health challenges that mean they spend days or weeks alone with little contact with others, under “normal” circumstances. What does it mean to us to leave our own “normal,” and experience someone else’s “normal?” This gives us much to reflect upon.

Think about the times when a friend has done or said something that has been especially meaningful and see if you can adapt it to today's unusual circumstances; then see how many people you can reach out to and touch in some similar manner. Perhaps what each of us can learn from all this is the importance of bringing heart into the lives of others, to help each of us feel connected, today and every day.

Please
REMEMBER TO WEAR A MASK

OR GET FREE CONTACTLESS GROCERY DELIVERY FROM

Island Senior Resources

GO TO **WWW.SENIOR-RESOURCES.ORG**

CLICK ON
"ONLINE HELP REQUEST"

OR CALL
360-321-1600
360-678-3373

We're all in this together.



The Journal is Coming!

This month watch your mailbox for the Island Senior Resources' semi-annual JOURNAL, replacing our previous Newsletter. Our focus is to shine light on issues important to living your best life in our shared community, and to help you feel connected to, and supported by, the resources at ISR. If you think we might not have your mailing address, please email it to us at: feedback@islandseniorservices.org.



360-321-1600 / 360-678-3373 • www.senior-resources.org

We are still here to help!

While our facilities are closed to the public, many of our services will still be available.

All of our services can be requested on our website: www.senior-resources.org. Just click the **Online Help Request** button.

To reach our programs by phone, please refer to the phone numbers below:

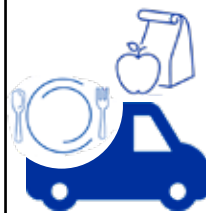


Aging & Disability Resources

We can assist you to identify, understand, and access services and resources available in our community.

- We have current information on all ISR programs!
- Concerned about a loved one or neighbor?

Resource Specialists are available to help by phone:
Monday—Friday 9am—4pm 360-321-1600, option 0



Meal Programs

- Hot and frozen meals can be delivered to your doorstep by Meals On Wheels: Mondays, Wednesdays, and Fridays.
- Frozen meals available for pick-up while meal sites are closed.
- Ensure and Glucerna can be delivered.

For details, call Mark MacNaughton at: 360-321-1615



Medical Transportation

Volunteer drivers are available for essential medical appointments and treatments.

Subject to volunteer availability.

To schedule your ride, call Pat Weekley at: 360-914-3212.



Volunteer Shopping & Deliveries

Volunteers are ready to help you!
Grocery shopping & delivery, medical equipment delivery & more.

To request help, call: 360-321-1600, option 0



In-Home Care & Family Caregiver Support

Our staff want to ensure your care needs continue to be met.

We are coordinating with care providers and working to obtain protective supplies.

Contact your case manager for any questions or concerns.

To inquire about getting support, ask for ADR: 360-321-1600, option 0



SHIBA Medicare Advising

Turning 65? Have questions about Medicare?
We are offering one-on-one advising by phone.

To request an appointment call: 360-321-1600, option 0



Time Together Adult Day Program

Staff are working hard to continue supporting family caregivers and participants through quality programming.

We are developing online options and take-home activity kits.

For details, call: Mel Watson at 360-321-1623.



Support Groups

While our in-person groups are cancelled, we are organizing phone-based and online support groups.

For details, call: Mel Watson at 360-321-1623.



Friendly Check-Ins

Feeling isolated? Need to chat?

We have volunteers to call and check-in as often as you want.

For details, call: Mel Watson at 360-321-1623.



Want to help?

Many volunteer opportunities are available!

Friendly phone calls, meal & grocery delivery, and medical transportation.

Visit: www.senior-resources.org, Click on: [Online Volunteer Sign-Up](#)



Whidbey Island Support Groups

Support groups are meeting in a new way!

Parkinson's support group

Every Tuesday, 10–11:30 a.m. via Zoom.

Parkinsonics and friends singing support group

Every Thursday, 2:30–3:30 p.m. via Zoom.

Open to all isolated seniors and adults with disabilities although there is a focus on those living with Parkinsons and their caregivers.

Anyone interested in joining in, please email Mel Watson at mel@islandseniorservices.org

Turning 65? Have questions about Medicare? We are still here to help!

In the face of the coronavirus outbreak, many of us are trying to navigate important issues while isolated in the solitary confinement of our homes. We may not know where to go for information about important matters, questions needing timely answers, or deadlines that must be met.

Please know volunteers from Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources, remain on the job. We are working remotely and will respond by telephone or email regarding your Medicare concerns about enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services. If you are turning 65 or have questions about coverage for your healthcare needs, we are here to help! Call 360-321-1600 or 360-678-3373, option 0 or email reception@islandseniorservices.org. We look forward to hearing from you.

Once the risks related to COVID-19 have passed, SHIBA will resume in-person consultations in Oak Harbor, Coupeville, and at Island Senior Resources in Bayview.

MEALS ON WHEELS MENU - MAY

\$6 Suggested donation for meals

WEEK 1		
Fri	1	Pork Loin w/Chutney
WEEK 2		
Mon	4	Mushroom Herb Chicken
Tues	5	Closed
Wed	6	Greek Salad Bowl
Thurs	7	Closed
Fri	8	Italian Bean Stew
WEEK 3		
Mon	11	Penne Pasta w/Parmesan
Tues	12	Closed
Wed	13	Chicken Cordon Bleu
Thurs	14	Closed
Fri	15	Sesame Beef w/Snow Peas
WEEK 4		
Mon	18	Pulled Chicken Sandwich
Tues	19	Closed
Wed	20	Asian Chicken Salad
Thurs	21	Closed
Fri	22	Cheeseburger Pie
WEEK 5		
Mon	25	Holiday
Tues	26	Closed
Wed	27	Pesto Shrimp Pasta
Thurs	28	Closed
Fri	29	Chicken Fried Rice w/Veggies

telehealth Virtual Visits

To protect the health of our patients and staff, we are now offering convenient video appointments from your phone, tablet or computer. Please call or go online for fast and easy scheduling!
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Amber Fowler, MD • Laurie Jacobson, MD
Lyndsey Switzer, PA-C • Scott Taylor, PA-C

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3110 Commercial Ave • Suite 105 • Anacortes
1600 Continental Place • Suite 101 • Mt. Vernon
3614 Meridian Street • Suite 200 • Bellingham

www.RosarioSkinClinic.com

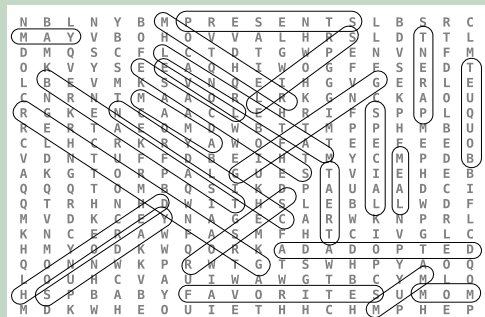
MOTHER'S DAY WORD SEARCH

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

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

- | | | |
|-------------|----------|----------|
| ADOPTED | MOTHER | SHOWCASE |
| BOUQUET | MUM | SPECIAL |
| BREAKFAST | PARENT | SPOIL |
| CHILDREN | PRESENTS | SUNDAY |
| FAVORITES | ROSES | TREAT |
| GIFTING | | |
| GRANDMOTHER | | |
| HONORED | | |
| LOVE | | |
| MAMA | | |
| MATERNAL | | |
| MAY | | |
| MEAL | | |
| MOM | | |

ANSWERS



Eating Well in Uncertain Times

By **Debbie Metz**, Nutrition Director & Jessica Karpilo, Outreach Associate

Eating well is key to maintaining a robust immune system and maintaining health and well-being. Here are eight helpful tips for eating well anytime, but especially during the COVID-19 pandemic.

1. Make a grocery list. It's a good idea to have enough food on hand for two weeks to minimize trips to the grocery store while understanding there's no reason to overstock. Don't forget to inventory what you have on hand first to minimize waste.
2. Wear a mask when you go out, or to further protect yourself and others, consider having your groceries and pharmacy items delivered by Island Senior Resources volunteers instead.
3. If you are having difficulty preparing meals, consider having hot or frozen meals delivered by Island Senior Resources volunteers. You can also have Ensure and Glucerna delivered.
4. Fresh food is generally the best choice for healthy eating, but you can also stock up on frozen fruits and veggies that will be just as good. Or you can buy these foods, as well as bread, meat, and dairy products, fresh and then freeze them yourself. Pre-made meals also freeze well.

5. Eat a variety of colorful fruits and vegetables to ensure your body is getting the nutrients that it needs. It is always best to get your vitamins from your diet.
6. Purchase shelf-stable foods like rice, beans, nut butters, and pasta, but remember, fresh is always a better choice than processed. Make fresh foods a priority in your meal plan.
7. Practice moderation. If you are spending more time at home than usual, this can be especially difficult. Try keeping the places you work, play, and eat separate to maintain structure in your day and in your meals.
8. Be gentle with yourself. This is a stressful time, and comfort foods are called that for a reason. Remember that the most important thing you can do right now for your health, and for the health of our community is to stay home and wash your hands.

You can request any of Island Senior Resources' services, including grocery or meal delivery, by going online to www.senior-resources.org and clicking "Online Help Request." You can also contact Mark MacNaughton, Home-Delivered Meals Assessor, at 360-321-1615.



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Mother's Day. Each number corresponds to a letter. (Hint: 6 = o)

Female parent 22 6 9 13 23 21

Present 26 16 19 9

Show respect for 13 6 20 6 21

Colorful blooms 19 4 6 3 23 21 14

Answers: A. mother B. gift C. honor D. flowers

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What the Tech is Going On?

By **Jessica Karpilo**, Outreach Associate

It would be an understatement to say that technology has become even more of a necessity in our lives recently. Amidst social and physical distancing, we are relying on it even more to maintain relationships, complete work, and stay informed. If that statement makes you anxious, you might be a good candidate for this online course— "What the Tech is Going On?" With Jessica Karpilo, Island Senior Resources' Outreach Associate. Jessica will be leading Zoom calls on Monday afternoons beginning in May to help folks get acquainted with new technologies. If you can send an email, you can do this. Each week's content will be catered to the needs and questions of the people on the call. Jessica will utilize screen-sharing so that attendees can see exactly what she's doing as she explains it. This is a great option if you are interested in attending online support groups but aren't yet comfortable with the technology used.

Email jessica@islandseniorservices.org to receive an invitation to the call, as well as clear instructions for joining the call at the scheduled time. You can join the call from a computer, tablet, or smartphone.

RISING UP TO HELP

So many members of our community have come forward to help others during the COVID-19 crisis.

We, at Island Senior Resources are grateful to all those who stepped forward to volunteer and are helping make life better for others. Many of our volunteers are making calls to check in on isolated seniors, and those calls have been deeply appreciated.

Chere Vidmore is a resident of Skagit county who saw our Facebook plea for masks. For the next week, she proceeded to sew for over 100 hours! She delivered 100 masks to Island Senior Resources for our volunteers to wear and is continuing to sew more. She has also recruited friends to start sewing masks.

Another group, Whidbey Personal Protective DIYers, received our Friday email request for 250-500 masks for our core programs, and by Monday afternoon, they had made and delivered 114 masks to us, with more on the way. Masks were bagged and distributed to every Meals on Wheels volunteer two days later.

Kaaren Flint works for hospice of the NW and is one of our great community partners. She started a movement to recruit musicians to play outside of windows of isolated seniors at their homes or facilities. She recruited 65 musicians in the first week of launching her idea.

One woman knew her neighbor needed Meals on Wheels, so she helped him sign up and calls him every day. Another does shopping for a neighbor whose health is too vulnerable to risk going out. The

person buys, delivers, and sanitizes all items before they are brought into the home. A neighbor of one of our staff members was laid off work as a waitress, so he donated tablecloths, and she sewed masks for our staff and volunteers to use. Another volunteered to deliver a wheel chair from ISR to a client in need. Community members have been bringing coolers to use for Meals on Wheels clients and donating gloves and Lysol wipes for staff and volunteers.

Delta Dental has sent toothbrushes, floss, and paste for all Meals on Wheels clients along with a \$6,250 donation, through their Arcora Foundation, to help support the rapid expansion in those needing meals at this time. The Goosefoot Community Fund has given ISR a generous \$30,000 grant to support food security for seniors, and the Whidbey Community Foundation has granted \$5,000 to support services.

Our staff has risen to meet challenges none of us imagined we'd face, adapted roles, and responded with a "we can do this" attitude which keeps everyone inspired, connected, and supported as they serve the flood of requests for help coming from the community.

We have each been given the opportunity to rise to be our best during uncertain times, and the generous spirit of our community has come forward. Amit Ray, an author known for his writings about compassion, says, "Uncertainty is the fertile ground of endless possibilities."

We thank everyone for your generous spirit and support.

Finding Both Strength and Ease Through Yoga

By Joni Takanikos

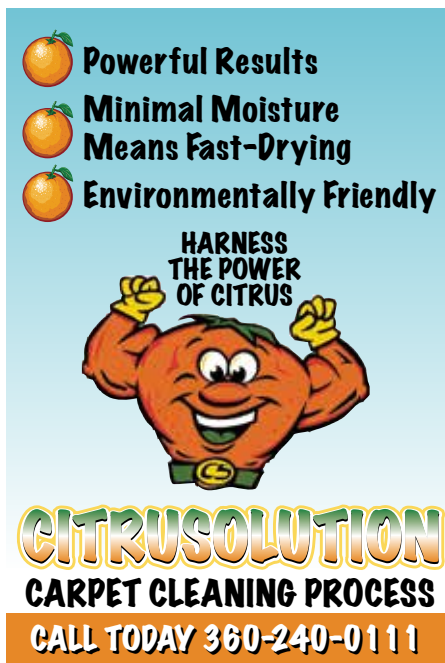
Whenever a new student walks through the door of the studio where I teach, I enquire about their previous yoga experience. Many people will tell me they have never done yoga before and are completely new to the experience. While they may have never visited a yoga class before, I assure them they have definitely practiced the philosophy behind yoga. The Sanskrit word yoga means "to yoke, to join, to experience union." The physical practice of yoga seeks to join the body and mind in a dance of awareness. Each practitioner's dance will be different, but the collective experience of exploring the body through, in yogic terms, "stilling the fluctuations of the mind" will be the same. When we engage in this way, whether it is a walk, gardening, playing music etcetera, we are on that blissful path.

I find that the best way to step onto this path of union is through the gateway of following my breath.

You can begin laying down, standing or sitting, but make sure you are comfortable, and you can close your eyes if possible. Allow your breath to take root in your spine, shoulders, hips, legs, feet, head, neck, stomach, chest, arms and fingers. Follow the pathway of each inhalation and exhalation with your complete attention. When you are ready, begin to allow the breath to move your body; explore the expansion and the contraction that each movement of breath linking the body and mind brings. Be curious, as if your body is a house and you are exploring the spacious rooms within. Relax the muscles of the face, the eyes, the muscles behind the eyes, cheekbones, jaw—let the breath move freely through the mouth, nostrils, and throat; allow this relaxed and centered breathing to relax and expand the pathways of the neck and collarbones.

When we practice yoga from this place of engaged awareness, we are less likely to put a strain on our muscles, joints, tendons, and bones. When we are relaxed and have dropped into our parasympathetic system, or in yogic terms, the body's "divine intelligence," we allow this union with divine intelligence to guide our movements. You can use this practice anytime: taking a walk, doing your dishes, working on your computer, gardening—let any task be an opportunity to practice this union of mind, body, and breath. In other words, simply paying attention and remaining curious. When the distractions of the world keep knocking at our doors, we can choose to open them from a more centered place of strength and ease, finding more peace and calm through our yogic practice.

Joni Takanikos teaches yoga at Half Moon Yoga Studio in Langley Village. She also loves her work at Island Senior Resources' Time Together program.



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Regarding the current COVID-19 crisis:
 We understand your concerns and fears. We will continue to serve the community of Whidbey Island and beyond with the following adjustments: we are observing state mandated guidelines. For your peace of mind, arrangements can be made by appointment in person and online. As always, we will provide you with the highest level of compassionate and professional care.

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Thank You Community! Would You Like to Make Masks?

Thank you to the many generous, newly signed up volunteers for your willingness to help during these challenging times, and for being a part of the Army of Kindness that is so abundant in our community. ISR has had an overwhelming response from people wanting to volunteer! How wonderful to be a part of such a caring community.

Some of you have received calls, emails, or texts from me responding to requests for help from people in our community, and you have literally dropped everything to assist. THANK YOU SO MUCH; your kindness is deeply appreciated.

Some of you have not yet received a call from me because we have such a vast list of helpers, but please rest assured that as soon as a need arises, I will be calling. It gives great comfort to know that we have a team of compassionate people waiting to help if and when the needs arises.

I recently read a great quote from Mr. Rogers, who shared these words from his mother. "When I was a boy, and I saw scary things on the news, my mother would say to me look for the helpers; you will always find people who are helping." What an inspiring message of truth to share.

We certainly don't have to look too far to find the helpers in our community. They are you!

How fortunate we are!

On our online volunteer form, some of you said that you would like to make face masks, and some of you said that you would help in any way that was needed. I thought this might be a great opportunity to reach out to you all and ask every one of you, would like to make face masks?

We would love to be able to give a mask to everyone who requests one, and with your help and the help of many generous volunteers in our broader community, we could do this. We have many people in our community still needing face masks, so, if that rings a bell, and you feel inspired when you read this, if you think "Yes, I could do that, even though it wasn't the task I signed up for," then please follow these instructions.

Completed masks can be dropped off at Island Senior Resources in Bayview any time in the bin outside the center door. If you'd like to arrange for drop off in Coupeville or Oak Harbor please can contact chасыty@islandseniorservices.org

Thank you again!

Sincerely,
Mel Watson, Island Senior Resources

HOW TO SEW A FACEMASK



1

CUT FABRIC

Cut 2 pieces of Quilting Cotton 9" x 7".
Cut 2 pieces of 1/4" elastic 7" long.



2

PLACE ELASTIC

Pin a piece of elastic on the top and bottom of the short ends of the rectangle 1/2" from edge to create an ear loop.



3

PIN FABRIC

Place 2nd piece of fabric on top with right sides together. Sew



4

SEW FACE MASK

Sew around entire facemask leaving a 2 inch opening along the bottom for turning. Backstitch over elastic. Turn right side out.



5

CREATE PIN TUCKS

Fold mask in thirds and press. Create 1/2" pintucks facing upwards using pressed markings as a guide.



6

TOPSTITCH

Sew along the outside of the entire mask using a 3/8ths inch seam allowance.



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Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

HOW TO SEW A FACEMASK

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1 PRINT & CUT MASK PATTERN

Download the PDF pattern to your computer, open it up and print at 100% with no scaling. Cut out a total of 4 pieces of fabric using this pattern. You should end up with two sets of mirrored images.

Cut four 14" strips of 1/2" double fold bias tape.



2 PIN FABRIC & SEW

Place the mask pieces right sides together and pin along the outward curve of the fabric.

Sew the curve with a 3/8ths inch seam allowance, removing pins as you go. Press the seams to the side.



3 CREATE & SEW STRAPS

Pin the elastic or bias tape to the shorter straight edge of the fabric, 3/8ths of an inch from the top. Repeat the same process along the bottom of the mask.

Sew around the entire mask using a 3/8ths inch seam allowance leaving a 3-inch opening for turning along the bottom of the mask.



4 CREATE FLEXIBLE NOSE WIRE

Cut 7" of floral wire. Turn ends of wire inwards to prevent them from poking through the fabric. Center the wire along the top seam allowance and pin it in place.

Using a zig-zag stitch, slowly sew over the wire to secure it in place keeping the wire positioned in the very middle of your presser foot to avoid hitting it.



5 TURN RIGHT SIDE OUT

Turn the mask right side out by pulling the inside of the fabric through the 3-inch opening.

Grab onto the wire as you pull to prevent it from bending.



6 PRESS & TOPSTITCH

Topstitch 1/4th of an inch from the edge along the bottom of the mask to close the opening.

Open middle fold of bias tape, fold short end inwards 1/2". Close bias tape and pin fold in place.

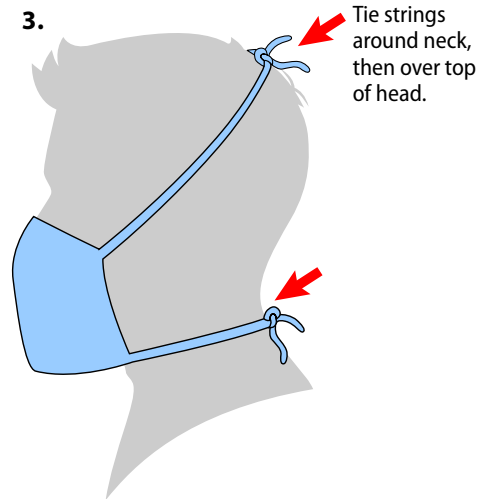
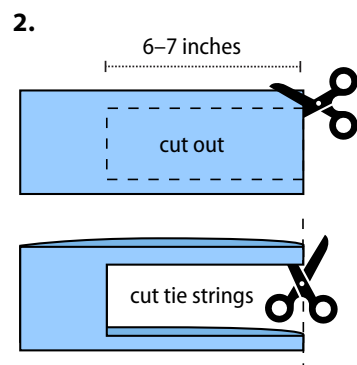
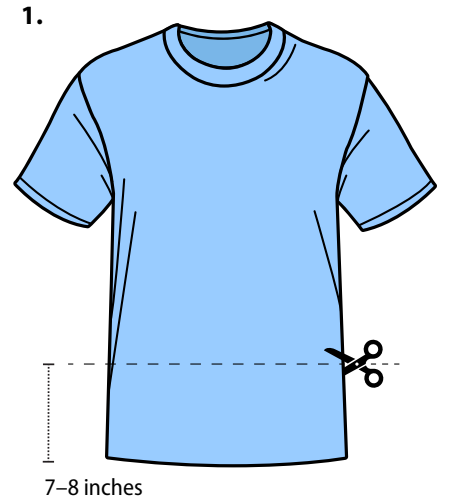
Sew along the length of the folded edges using a 1/4" s.a. to secure the bias tape in place.



Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

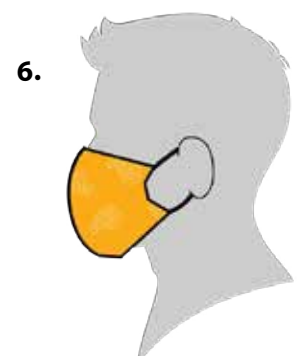
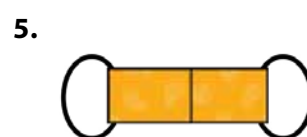
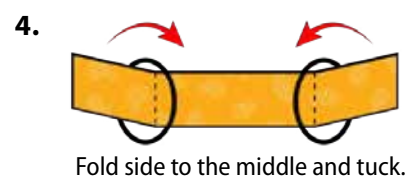
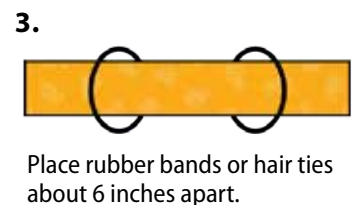
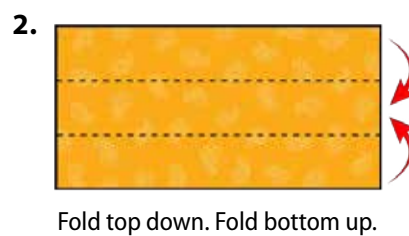
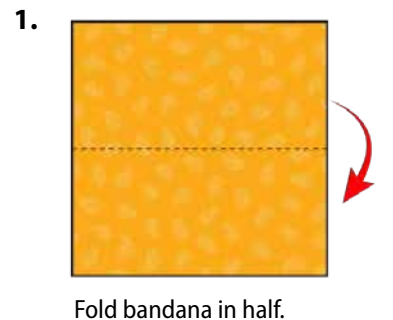
- T-shirt
- Scissors



Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approx. 20" x 20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)



Are you Keeping Healthy during the Pandemic?

By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

When you hear keeping healthy during these times right now your first thought probably leads towards not getting COVID-19, however there is more to being healthy than just avoiding the virus. In a time of unusualness and change, it is more essential than ever to keep good care of ourselves and watch out for our mental, physical, and emotional health.

For myself, I have noticed a change in my overall health because my lifestyle has drastically changed over the past few months. Working from home and staying in more has greatly impacted my routine and caused me to feel unbalanced and sluggish. I think it is important, even if your daily activities have been disrupted, to still practice a daily routine and try to schedule meals, exercise, and bedtime to help feel a sense of purpose and structure during this unknown time.

I have noticed from not only myself but also talking to others is that they are listening and watching the news more now than ever. I believe it is important to keep informed and knowledgeable about what is going on with COVID-19 but I think it can get a little excessive! I am not one to watch television, but I have been finding myself watching the



Program Coordinator, Carly Waymire doing at home exercises

evening news regularly and even turning on the news throughout the day when I should be doing other tasks. Also, many smartphones send news alerts right to your fingertips and bombard you with constant updates about COVID-19. My advice if you are feeling overwhelmed is to take a break from the news and social media for a bit to relax your mind and focus on other areas of your life. When you are spending more time in isolation is easy to start spending more time than you realize focusing on the negative impacts of the virus. Remember that your mental and emotional health are equally as important as your physical health so it is important to take breaks from the media and focus on positive parts in your life.

While staying home and not engaging in your regular activities, remember to maintain healthy habits such as getting plenty of exercise, drinking water, eating nutritious meals, and getting appropriate amounts of sleep. I personally have a hard time eating at normal times when I am out of my routine and working from home. To be better about eating for my overall health, I have set reminders on my phone to go off at scheduled times that remind me to eat a healthy snack such as a piece of fruit or carrot sticks and drink a glass of water. I also noticed that with less trips to the grocery store right now I tend to run low on fresh fruit. To avoid running out of fruit or it going bad, I have started buying more on my weekly trip and then chopping it up

and putting it in individual bags in the freezer. This way, I have an easy grab bag of delicious fruit I can either eat once it has thawed a little or put it in a smoothie or salad. I have put on my calendar every Monday, Wednesday, and Friday at 3:30 pm to do an exercise video because it is easy to forget to exercise when your regular routine is disrupted or your place of exercise is closed.

Remember, your overall health is more than just avoiding getting sick. Take time to focus on positive things and turn the media off for a few days, set reminders to eat healthy meals and exercise, and have a daily routine to keep you feeling focused and refreshed. Through this new phase of life, we can continue to get stronger and keep ourselves healthy.

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Saturday, Aug. 15. The host will oversee the decorating of their table and help serve their table food and drinks. If you do not have a tea set, The Center has some available for use. If you are interested in hosting, contact Carly Waymire, Program Coordinator at 360-279-4583.

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Member Spotlight: Joy Hill

By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

Joy was born in Twin Falls Idaho and said, "I have had potatoes every way there is!" She is the mother to 3 children, one of which lives in Oak Harbor. She moved to Oak Harbor because she wanted to live in a peaceful area with little traffic and where she could walk around the town in. Since her son lived on the Island she had visited many times and fell in love with the beauty. When asking Joy where she was born she answered, "Twin Falls, Idaho" and said, "I have had potatoes every way there is!"

Joy has been an active member and volunteer at The Center in the past few years, she leads the walking club, is a part of the event committee, bartends for our foundation events, helps with the Whidbey Marathon water station, been involved with the High Tea, helps serve

lunches, and is always willing to lend a helping hand. Joy said that she likes helping out and doing all of the activities but her favorite thing would probably be leading the walking club. She is such a walking enthusiast that she even goes on what she calls, "walking vacations!" Joy has taken various trips through a travel company called Tator Tours that does their tour by walking places instead of the more classic coach bus style. In November, she visited three of the Hawaiian Islands and walked a minimum of six miles each day. Already this year Joy has taken a trip to Cuba and is ready to travel more once it is safe.

Before being such a walking enthusiast Joy was an avid hiker. Some of her most memorable hikes include Mont Blanc, the highest mountain in the Alps and the Milford Track in New Zealand. Not only did Joy travel for pleasure but also for work, she spent 12 years in Germany and the Netherlands serving for the Department of Defense as a teacher and librarian. Joy also enjoys playing sports and has even coached many of them. She has done everything from cross country skiing, to playing golf, to softball, to tennis, and even soccer. When she isn't walking and its nice out, you will most likely find Joy working in her garden or lending a helping hand. As you can tell, Joy is a very adventurous person and loves to get out and explore and help volunteer in the community. We are very fortunate to have her as a member and volunteer of The Center and love getting to know her more and more!



Joy (middle) with staff mixing up drinks behind the bar at a Center event



Joy (in green) serving food for a member appreciation lunch at The Center



Joy handing out water to runners at the Whidbey Marathon

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COME BE A JUDGE IN OUR PIE CONTEST.
\$2 TO BE A JUDGE & TASTE ALL OF THE PIES.



NEED continued from page 1

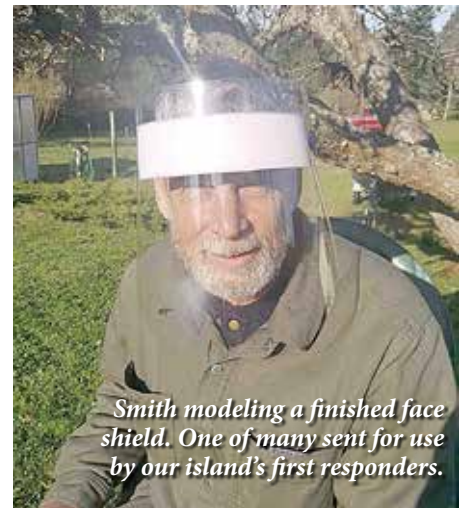
fabricating boat covers he served in the Navy for ten years and was stationed at NAS Whidbey from 1986-1999. During his time in the Navy he served as a parachute rigger, fire fighter, and hull tech.

His skills working with snaps, elastic and poly carbonate have been honed over the past 28 years and he knew he could repurpose those skills and make the in demand, and short supply of face shields. It would be like making a marine dodger for a boat, but smaller and for your face, right?

Monday Morning, March 23rd at 3:00 AM Jim's wife of 28 years, Sandra, asked what he was doing awake and when he said "face shields" they got to work sketching drawings and figuring out what type of materials would be best used. It was trial and error finding the right thickness in the clear bendable material of poly carbonate and right medical grade foam.

That morning his wife started making phone calls to figure out who in the community to contact to find out if these face masks were needed, and how to get them in the hands of those who needed them. I was fortunate to get that call from Sandra and connected her with Oak Harbor Fire Department Chief Ray Merrill who also connected them with WhidbeyHealth. Chief Merrill and Captain Craig Anderson were in contact with them the same day and worked to get the pattern down for what would best serve our first responders.

Smith has now made over 300 face shields and has supplies on hand to make 500-600 more. "Our distribution is for right here on the Island" which is exactly where they are being used. The first order picked up went to Careage of Whidbey, the local assisted living facil-



Smith modeling a finished face shield. One of many sent for use by our island's first responders.



A marine dodger, or boat cover, built by Smith.

ity hard hit with Covid-19, to assist the medical workers caring for the effected individuals there.

Once he has his assembly line set up Smith can make 50 masks in a day. The part that takes the longest is gluing the foam on.

The supplies he uses to make these masks are getting harder to find as the Seattle warehouse Smith typically orders from is currently closed. So far, they have been able to order from other locations. Elastic was especially difficult. It took ten days to get the elastic order that normally comes overnight. The foam material isn't something he typically keeps on hand but was able to obtain some medical grade foam material. The good news is that the masks can be re-used after being disinfected.

Smith was hesitant to let me share his story about mask making, but I am sure glad he did. He isn't doing this for applaud, nor is he selling them for a profit. He is naturally a very humble individual always quietly going about doing good. In fact he was sure to mention several times that this was a team effort and wouldn't have happened without multiple people because "Good things happen when we work together." Boy is he right! It is awe inspiring to hear of the many people in our community sewing and donating masks and helping neighbors. Let us all continue to find ways to help and lift others and remember, never suppress a generous thought. Together we are Whidbey strong.



Face shields production in progress, letting the foam dry.

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