

Island Times

Look for Island Times the LAST Thursday of each month
NOV. 2018

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 2 • Issue 7



Before the Fall—Talk now

By Christina Baldwin
Board Member, Island Senior Resources

"Over the river and through the woods, to grandmother's house we go, the horse knows the way to carry the sleigh through the white and drifted snow." ("Go up on that last word snooooowww," Miss Purdy the music teacher coached us, "scoop your voices, children.") Remember?

In the back of my mind, I hear my ten-year-old self singing enthusiastically, looking out the window at the dreary November clouds of suburban Minneapolis, hoping we would get snow for Thanksgiving. No grandmothers were present though: one lived in Montana, and one in California—too far away to get there by sleigh! Now, I am the grandmother, and my grandchildren live in Los Angeles.

Here is a Whidbey version for today: "Onto the ferry-lines and finally into the

"I don't need a holiday or a feast to feel grateful... but I like to take this time to take the path of thanks less traveled."

~ Paula Poundstone

woods, to grandmother's/grandfather's house we come." They ask themselves, "Why do they live here anyway? It's isolated, hard to get to for the holiday, and uh-oh, our grandparents are struggling with so many changing issues... a lot has happened in a year. We have no clue what to do!"

Whether you are the younger (the adult child or grown grandchild) or the elder, you may find yourself in a state of con-

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Medicare Open Enrollment is in Full Swing

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

It is the time of year when it starts getting dark earlier, the air is chilly, and soup is sounding good for dinner. With these fall feelings also comes Medicare Open Enrollment. This is the time when you can re-evaluate your coverage to ensure you are enrolled in the best plan to suite your needs. You will also notice an increase in your mail as you will receive documents from your current Medicare plan and advertisements from other Medicare companies trying to promote their plan.

As tempting as it might be to just ignore all the mailings and toss them in the trash, that might not be the best idea! Instead, it is important that you review the notices provided by your Medicare plan and stay informed. There are many changes to Medicare this year and it is important to keep yourself in the know about what coverage changes will take place. As this can be very overwhelming, keep in mind that there are resources out there to help you along the way and you are not alone as many

MEDICARE continued on page 12

QUESTION OF THE MONTH: **WHAT'S YOUR FAVORITE HOLIDAY FOOD AND WHERE OR WITH WHOM DID THE RECIPE ORIGINATE?**



Joyce Tighe, 88
Oak Harbor

"My best secret for Thanksgiving – go to the grocery store and order turkey dinner!"



Colleen Clark, 64
Coupeville

"Herb Crusted Prime Rib – I learned it from a man that had a restaurant in Coeur d'Alene and it was the best I'd ever had."



Dave Jorgensen, 81
Oak Harbor

"Red cabbage – Danish"



Susie Julius, 62
Freeland

"My mother's pumpkin pie. She got the recipe from the Sand Hills of Nebraska."



Joanne Hartley, 82
Oak Harbor

"Thanksgiving Day stuffing that grandmother made and after she pulled it out of the turkey she added fruit!"

Whidbey Weekly

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

From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Early morning forays in the kitchen with stations for the turkey, the dressing, homemade rolls prepared the night before, cranberry sauce ready to be chilled, potatoes to be peeled, apples for Waldorf salad, and more... The house is replete with the fragrances of the wonderful mixture of loved items for our Thanksgiving meal.

For too many elders, Thanksgiving may be another day of feeling alone. As we have fanned out across Island County seeking input about the needs of seniors, a stand out issue is isolation. Though we live on a gorgeous island, many older members of our communities may have no family here, and friends may have passed, moved elsewhere, or are isolated themselves.

I remember while my mother was at Careage in the mid-2000's,

we would pack up the whole Thanksgiving or Christmas dinner and head for the Careage conference room to be able to share our meal with our cherished elder. The joy on her face at being with her family, sharing in a meal filled with traditions was worth every bit of effort it took to make it happen.

Who do you know that you can reach out to this holiday season? Whether it is a visit during the holiday weekend, sharing a meal with someone who might spend the holiday weekend alone, or dropping off some holiday goodies to someone who no longer cooks those big holiday meals, an opportunity awaits to make a big difference in the quality of someone's life.

Whidbey Island is a generous place to live, and this is the time of year to reach into your generosity and reach out to someone whose holidays will be changed by your caring. Be the essence of the holiday spirit. Have a wonderful Thanksgiving!

VOLUNTEER DRIVERS NEEDED

Think about this: You or someone you know (a senior or adult with a disability) needs a ride to a medical appointment. What do you do? Friends and family are not always available, but Island Senior Resources is here for you. This resource so many depend upon depends on volunteer drivers. The number of requests is increasing rapidly, and we need volunteers to be sure we can meet the need.

Our volunteers drive seniors and adults with disabilities to medical appointments both on and off the Island (your choice), and occasionally to pharmacies, grocery shopping, and other essential errands. Mileage is reimbursed, and you can choose which drives fit your schedule. We also receive requests for volunteers to do some light home chores or



perhaps help in a yard or garden. Service is flexible: it can be once in a while or as often as you would like to help. Whatever you can offer of your time will be greatly appreciated. This is a wonderful

way to help those who can no longer drive or take care of essentials, but desire to remain independent in their homes.

Please, consider what a difference you can make. There is deep satisfaction in serving your community, and the gratitude of those you help will be rewarding.

For more information, please call Pat Weekley, 360-914-3212 or 360-321-1600 x 4. She will be delighted to hear from you.

Island Senior Resources eNews!

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

www.12daysofwhidbey.com

Benefitting Island Senior Resources

Raffle Tickets \$5 each

Dec. 1-12

12 DAYS OF WHIDBEY

1 Ticket = 12 Chances to Win

Themed prize packages each day valued from \$250-\$1100

Day 1 - Wine & Chocolate Covered Whidbey	Day 7 - Reader's Treasury
Day 2 - Cook it up in the Kitchen	Day 8 - Spirits of Whidbey
Day 3 - Golf on the North End	Day 9 - Beautify for Winter
Day 4 - Oak Harbor Family Night	Day 10 - Garden Dreaming
Day 5 - Family Fun	Day 11 - Holiday Cheer
Day 6 - Caffeinated Whidbey	Day 12 - That's Italian

TICKETS AVAILABLE AT:

- Oak Harbor Senior Center
- Bayview - Island Senior Resources
- Freeland - Senior Thrift
- More locations to come!

Winners will be posted online at:

- www.senior-resources.org
- www.facebook.com/islandsenior

* Winners will be notified and need not be present to win.

Island Senior Resources

2 LOCATIONS!

Freeland St. Augustine's

Oak Harbor Senior Center

TIME TOGETHER

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www.timetogetherwhidbey.org

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Social engagement for participants, respite for caregivers.

St Augustine's in-the-Woods
5217 Honeymoon Bay Rd, Freeland WA 98249

Oak Harbor Senior Center
51 E Jeromw St, Oak Harbor, WA 98277

Contact Mel Watson for more information.
360-321-1623

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day

In Home Care
Case Management

Medical Transportation/
Volunteer Services

SHIBA

Senior Thrift 360-331-5701

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

OUR LOCATIONS

Island Senior Resources (Bayview)

14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center

(in collaboration with Oak Harbor Senior Center)

51 SE Jerome St
Oak Harbor, WA 98277

Camano Center

(in collaboration with Camano Center)

606 Arrowhead Rd
Camano Island, WA 98282

Senior Thrift

5518 Woodard Ave
Freeland, WA 98249

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

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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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.

FALL continued from page 1

fusion or fear about where to start a conversation about changing needs. If an elder's home is dirty and cluttered, if the refrigerator contains moldy food, if the bathroom is unsanitary, these can be signals that energy is diminished, that it hurts to bend over or vacuum, or the grocery store seems overwhelmingly far away. Aging is a process of constantly adapting to changing health, mentally or physically.

"Old age," says one an elder I know, "is like walking through a fog bank. I'm making my way one step at a time, trying to stay on my life path. There are rocks and roots, and I don't want to trip, but I don't see so well, and I'm wobbly. I don't want to lose more capacity to handle my life, but I know time will win: I will fall and when I get up, I'll not be the same. And one day, I won't get up."

Thanksgiving is the most highly traveled holiday in the calendar, a time when millions of friends and families gather at intergenerational tables. It's an opportunity to have some proactive conversations. On Thanksgiving, start with the question, "What is most precious to you that you want to keep in your life?" Then ask the question, "What help do you need to ensure you can keep these things?" Then eat together, enjoy each other, and make a plan.

"Even though Whidbey Island is a largely rural area, we are blessed with valuable resources," says Chasity Smith, Director of Aging and Disability Resources for Island Senior Resources. "However, both elders and their families need to understand getting services in place takes time. Whether arranging for ISR services or private care, families face waiting lists, needs assessment, finding the right resources, and matching people who feel comfortable with one another. All of this can't happen in one day. It takes planning, coordination, and a lot of patience. The best thing you can do is start a conversation now and create a plan. Please don't wait for a crisis; start planning before the fall."

Chasity and the ADR staff: Nicole Donovan (South Whidbey office), Cindy Miller (Oak Harbor Senior Center), and Mary Neal (Camano Center), can help identify your needs and point you in the right direction to get support.

A preparedness plan for elders has five aspects: safe and appropriate housing, consistent meals and nutrition, health-care/daily care, mobility, and social connection, and end-of-life planning. These are big conversations take time.

If you are the elder: What is the most important thing you want your family to understand now? Have you fallen in the last year? Do you feel unstable walking around your house? What is a typical day of food? Who do you call if you need help?

If you are the younger: What seems the most important aspect to start with? What are your greatest concerns? What can you realistically offer?

Together, what can you set in place? For example: arranging housekeeping, visiting the Senior Center nearest you to understand the programs and resources available, interviewing potential caregivers or looking over housing options. Each of these things takes time, energy, and follow-through, which the elder may not have the stamina for and the younger may not have time for because of midlife demands.

Doing one thing at a time is better than doing nothing: the gift of the younger is sequencing needed steps; the gift of the elder is context and community. Contact ADR before it's an emergency! They can help. They can get people connected to Meals on Wheels, drivers to and from medical appointments, and adult day programs. They know who provides in-home support care.

And remember, it's Thanksgiving. Give thanks. Long life is challenging. Celebrate the blessings too.

"Over the river and through the woods, now Grandmother's cap I spy. Hurrah for the fun, is the pudding done? Hurrah for the pumpkin pie!"

WEB LINKS TO INFORM & INSPIRE...

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

- Aging Without Family: The 5 stages of self-care seniors should know
- Transition Issues for the Elderly and Their Families: Empowering families and seniors through changes
- Things You Should Never Say to Patients or Caregivers: How to speak supportively
- Seasons of Change: Life after loss or injury

NOVEMBER at SENIOR THRIFT

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360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

HOLIDAY HOURS

Nov. 21: 10 a.m. - 3 p.m. | NOV. 22: CLOSED | Nov. 23: 10 a.m. - 5 p.m.

Check out our sales calendar on our website at www.senior-resources.org

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NOVEMBER HIGHLIGHTS

at Island Senior Resources

Grief and the Holidays

When you are grieving the death of a loved one, the holidays can be a particularly difficult time. Please join us for a 2-hour gathering to gain ideas for navigating the season more comfortably. There will be time to create a keepsake in memory of your loved one.

Free class. Registration requested.

2-4 p.m., Tuesday, Nov. 13 and Monday, Dec. 10 at Oak Harbor Lutheran Church

AND

1:30-3:30 p.m., Wednesday, Nov. 14 and Tuesday, Dec. 11 at Trinity Lutheran Church, Freeland

Facilitated by Allison Krizner. Call to register: 360-321-1372.

12 Days of Whidbey Raffle

Tickets are \$5 each, and each ticket enters you in 12 separate drawings for fabulous prize baskets each worth between \$250 and \$1,000. Drawings will be Dec. 1-12. The basket for each day has a different theme: Wine and Chocolate Covered Island, Cook It Up in the Kitchen, Golf on the North End, Family Night in Oak Harbor, Family Fun on the South End, Caffeinated Whidbey, Reader's Treasure, Spirits of Whidbey, Beautify for Winter, Garden Dreaming, Holiday

Cheer, and That's Italian. Each raffle ticket purchased supports seniors, adults with disabilities, and those who care for them, with essential resources provided by Island Senior Resources.

Tickets go on sale Nov. 1 at Island Senior Resources (Bayview), Oak Harbor Senior Center and at Senior Thrift. Other purchase locations will be announced at www.senior-resources.org and on Facebook at facebook.com/islandseniors.

Drive Safe Drive Smart

Take the new AARP smart driver course!

Saturday, Nov 17, 9 a.m. – 5 p.m. at Island Senior Resources (Bayview)

Refresh your driving skills, learn about the new Washington laws.

Learn driving strategies to help you stay safe behind the wheel.

Attending this class will save you money on your car insurance.

There are no tests to pass.

Lunch hour will be scheduled by the class attendees.

Cost: \$15, AARP members; \$20, Non-AARP members. If not paying in cash, please make your check or money order payable to AARP.

Pre-Registration is required. Please call 360-321-1600 or 360-678-3373.

Don't miss Not-Your-Grandma's Bingo Saturday, Nov. 10!

This is an amazing event – it's a raucous night of fun, laughter, and Bingo that raises money to support the programs Island Senior Resources provides to seniors, adults with disabilities, and those who care for them. Buy tickets online at www.senior-resources.org. Bring your friends!

The event will be **Saturday, Nov. 10** at Bayview Hall. Tickets: \$16/person, VIP table for 8 for \$200.

Food and beverages will be available for purchase.

Chronic Conditions Self-Management Workshop

Free class. Class meets once a week for 2.5 hours. Classes are participatory, where content, support, and success build participants' confidence in their ability to manage their health and live fulfilling lives. You will learn to manage medications better, make decisions for yourself, communicate more effectively, eat healthfully, add activity to your life, and more. Class meets **Thursdays, Nov. 8 – Dec. 20, 1-3 p.m.** at Coupeville Library 788 NW Alexander St. Coupeville. REGISTRATION IS REQUIRED. TO REGISTER CALL Debbie Metz at 360-321-1621.

Free music

Come listen to the Fun Band (and dance too) every Friday 10:45 a.m. Enjoy toe-tapping classics played by our own local, very talented, Whidbey musicians.



Volunteers Needed

Bayview Kitchen: Volunteers are needed in the Bayview kitchen especially Tuesdays, but also Monday, Wednesday, and Friday. Hours are flexible: anytime between 11 a.m. and 1:30 p.m. We especially need help loading the dishwasher from 12:30-1:30 p.m. Contact Debbie Metz, 360-321-1621.

Senior Thrift: Volunteers are needed to assist at cash registers and with processing donations. Call Cindi Quigley 360-331-5701.

Medical Transportation drivers: Help transport seniors to and from medical appointments. Mileage is reimbursed. Call Pat Weekly, 360-914-3212.

Time Together Adult Day: Come support seniors and those with developmental disabilities through fun activities, music, games, and stories. Call Mel Watson, 360-321-1623.

Random Acts of Kindness

This season of giving is the perfect time to do something special to improve the quality of life for seniors in our community. Show them your gratitude for all they have done with a small random act of kindness. You could deliver flowers to a family member, friend, or neighbor, share a cup of tea, drop off a loaf of warm homemade bread or a care package of shampoo and toothpaste, or bring them some fresh vegetables from the market. Try it. Your kindness will fill their heart...and that, in turn, fills yours.

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EVERY FRIDAY 10:45 a.m.
Island Senior Resources (Bayview)
14594 SR 525

Stay for lunch after the music
(\$5 suggested donation for those who can)

Join us for **LUNCH & LEARN**



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

ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 PM

Lunch (optional) will be served 11:45 am – 12:30 pm (suggested donation \$5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Date Topic and Presenter

- Nov. 6** *Enhancing Wellness*
Moon Dickson, licensed massage therapist for over 25 years, will talk about how movement, breath, and massage can access your inner 'fountain of youth.' Movement, breath and manual lymphatic drainage stimulate one's lymphatic system and purifies/detoxes our body, creating balance/homeostasis and a sense of vitality. It keeps our cells alive longer. Come hear some ideas to increase your physical wellbeing.
- Nov. 13** *Aging Partnership Panel*
A special 'Ask the Professional' format about your overall health and well being. Including: Senior Living, Diabetes, Nutrition, Case Management, Physical Therapy, Mental Health, and Elder Law and Real Estate. Featuring Expert Speakers from Skagit Regional Health, Providence Health Services, Ashley Memory Care, Carson Law, Cascade In-Home Care, Remax NW, and Warm Beach Senior Community.
- Nov. 20** *Grief and Loss*
There are common elements in moving through grief and loss at any age. Are there particular issues that arise for seniors going through this process? Alison Krizer, Bereavement Care at WhidbeyHealth Hospice Care, will talk about bereavement and the many ways it is expressed and some ways to cope.
- Nov. 27** *Simple – Yet Elegant Holiday Snacks*
Learn how to make beautiful holiday appetizers and snacks with ease! Come by and see and taste delicious snacks prepared by the Island Senior Resources Nutrition Program.

OAK HARBOR SENIOR CENTER • 11:30 AM

All Lunch Bunch/Brown Bag Series are open and FREE to the public and begin at 11:30 am to 12:30 pm.

Date Topic and Presenter

- Nov. 27** *Whidbey Health Center*
Registered Nurse, Janie Keilwitz from Whidbey Health Center will be talking about heart health screenings. Janie has a lot of knowledge in this field as she is the coordinator of Heartwise and HeartMath with the Life Center Department. Join us for this opportunity to learn more about heart health.

AT THE COUPEVILLE HUB • WEDNESDAYS, 12:30 PM – NEW START TIME

Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation \$5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- Nov. 7** *Bingo*
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
- Nov. 14** *Wheelchairs and Walking*
Island Transit Mobility Specialist, Maribeth Crandell will guide you to local wheelchair-and-mobility-device-accessible trails which can be reached by Island Transit bus which can carry two wheelchairs each.
- Nov. 21** *A Song of Whidbey Island*
Rick Castellano, Executive Director Island County Museum and Vern Olson, Musician Extraordinaire, return with a melodic rendition of our island history.
- Nov. 28** *Living Trust or Not*
Local Attorney and Coupeville High School graduate, Molly McPherson will compare estate planning options such as wills and Living Trust describing the advantages of each. Questions welcome!

Disclaimer: Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.

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MEDICARE



HEALTH INSURANCE

Free Classes: Medicare 2019

Come learn about the changes in Medicare and Medicare-related plans for 2019 including supplemental plans, Medicare Advantage plans and the Part D drug plans available for Whidbey Island residents.

We will prepare you to choose the best option for you for 2019. Rates and related costs will be discussed, and questions answered. This seminar will be present by SHIBA (Statewide Health Insurance Benefits Advisers) volunteers who work with the Insurance Commissioner's Office.

For help finding a drug plan for 2019, bring a detailed list of your medications.

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

Saturday, Nov. 3 • 9:30 a.m.

Wednesday, Nov. 7 • 10 a.m. (for PEBB plans)

Thursday, Nov. 15 • 10 a.m.

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

Saturday, Nov. 3 • 9:30 a.m.

Tuesday, Nov. 20 • 1 p.m.

Friday, Nov. 9 • 11 a.m.
(Tricare for Life only)

Wednesday, Nov. 28 • 9:30 a.m.

Tuesday, Nov. 13 • 10 a.m.

Tuesday, Dec. 4 • 2 p.m.

Thursday, Dec. 6 • 10 a.m.

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

Saturday, Nov. 10 • 10 a.m.

SOUTH END

Alzheimer's & Dementia Caregivers Support Group

2nd Tuesday of the Month

10 AM – 12 noon

Alder Room, Island Senior Resources

14594 SR 525, Langley, WA

Contact: Mel Watson, 360-321-1623

Parkinson's Support Group

1st Tuesday of the month, 10 – 11:30 AM

Trinity Lutheran Church, 18341 WA-525, Freeland Ave (at Woodard)

In the older building, in Grigware Hall

Contact: Mel Watson, 360-321-1623

Whidbey Island



Caregiver Support Groups

NORTH END

Alzheimer's Cafe

3rd Thursday of the month, 3 – 4 PM

Zorba's Restaurant, 32955 RD 20, Oak Harbor, WA

Contact: Sharon Morris 360-392-3934, and Karen Cowgill 360-279-2555

Alzheimer's & Dementia

Caregivers Support Group

1st Thursday of the month, 2:30 – 4:30 PM

Summer Hill Assisted Living, Oak Harbor, WA 98277

Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

Oak Harbor Caregiver Support Group 1

2nd Thursday of the month, 2 – 3:30 PM

Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277

Contact: Sande Mulkey, 360-675-5347

Oak Harbor Caregiver Support Group 2

4th Wednesday of the month, 2 – 3:30 PM.

Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277

Contact: Sande Mulkey, 360-675-5347

Parkinson's Support Group

1st Friday of the month, 1 – 3 PM

Oak Harbor Senior Center (Modular Building), 51 SE Jerome St, Oak Harbor, WA

Contact: Eula Palmer 360-675-9894

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



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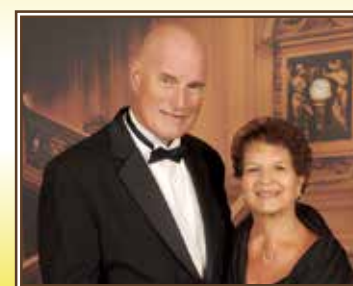


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OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:30 Enhance Fitness 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 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 7 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 2 Caregiver Support (4th Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 9:30 Enhance Fitness 10 Creative Writing 11 Mahjong 12:30 Cribbage 1 Reiki Treatments 1 History Class 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	9 Quilting 9 Billiards 9 Tai Chi 10 Walking Club 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together* 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong 3 Afternoon Tai Chi	8:45 Advanced Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Beginning Tai Chi 10 Time Together* 10:30 Tune In, Tone Up 10:30 Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Singers* November 6 10 Parkinson's Support Group** November 13 10 Alzheimer's Support Group	9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together* 11:45 Lunch Served 6:30 Bingo November 28 11:45 Birthday cake and Party (all are welcome)	8:30 Men's Bridge 9 Senior Striders 1 AARP Tax Prep appts recommended call (360) 678-3000 6 Twilight Bridge	9–4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10 Time Together* 10:45 Fun Band Dancing 11:45 Lunch Served TBD Legal consults may be available two Fridays this month. Call to inquire.	11 Israeli Dance Class

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

Call Island Senior Resources for instructor contact numbers and information.

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





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TRAVEL LOG

OAK HARBOR SENIOR CENTER

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

MYSTERY LUNCHES

Thursday, November 15
Tuesday, December 4

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

NOVEMBER TRIPS



MOHAI MUSEUM

Thursday, November 1

8:30 AM – 5:30 PM

Member: \$40 • Non-Member: \$55

November 1 is free first Thursday, only pay for the cost of transportation! Learn about the Native American cultures, the reshaping of Seattle during and after WWII, and the changes made in the 20th Century after two World's Fairs. Then wander over to The Bezos Center and learn about Seattle inventors. A list of nearby restaurants will be given to you on the bus or you can eat at the Museum Café for our no host lunch.

BRITISH PANTRY, TRADER JOES, & BEN FRANKLIN

Tuesday, November 6

8:30 AM – 4 PM

Member: \$38 • Non-Member: \$53

Join us for our annual trip to the British Pantry in Redmond, Wash. where we will enjoy a delicious no-host lunch featuring their famous fish & chips. After shopping the English fare and specialty goods, we will stop at Trader Joe's and Ben Franklin Crafts & Frames.



COUNTRY VILLAGE & MOLBAK'S GARDEN & HOME

Wednesday, November 7

9 AM – 5 PM

Member: \$38 • Non-Member: \$53

Our first stop will be Country Village in Bothell which features an array of shops and dining options. This is a great opportunity to find specialty gifts, collectables, clothing, antiques, beading and quilting supplies, and the perfect accessories. Next, we will head over to Molbak's Garden & Home to finish up our shopping adventure.

SKAGIT CASINO

Monday, November 12

9 AM – 3:30 PM

Member: \$23 • Non-Member: \$35

We haven't been to Skagit for a while so let's test our luck at their conveniently located casino!



TEATRO ZINZANNI

Sunday, November 18

9 AM – 5 PM

Member: \$125 • Non-Member: \$150

Teatro Zinzanni is celebrating their 20th anniversary at their new location in Woodinville! The new production "Hollywood & Vine," will totally entertain you while you enjoy a four course lunch presented by the James Beard Award winning Chef Jason Wilson. This afternoon performance is perfect for people who live on Whidbey – get home in the early evening!

ALDERWOOD MALL

Tuesday, November 27

8:30 AM – 5:30 PM

Member: \$35 • Non-Member: \$45

Join us for our semiannual Alderwood Mall shopping trip! Christmas is around the corner. Buy gifts for everyone on your list at Nordstroms, Macy's, REI, and many other wonderful stores. Enjoy lunch on your own at Macaroni Grill, PF Chang's, Blazing Onion, or one of the many other fun restaurants.

DECEMBER



THE LIGHTS OF CHRISTMAS AT WARM BEACH

Monday, December 3

3:30 – 9 PM

Member: \$37 • Non-Member: \$48

The amazing display at Warm Beach in Stanwood features over one million lights spread across 15 acres. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, food, and holiday shopping. (Please note: cash is preferred at food vendors)



SEATTLE CHOICE

Thursday, December 6

8 AM – 5:30 PM

Member: \$40 • Non-Member: \$55

Enjoy the sights and sounds of Christmas in Pike Place Market and downtown Seat-

tle. Visit the gingerbread house, shop for gifts, see the trees and lights, have lunch in a cozy warm restaurant. Two drop off points, one pick-up at Pike Place Market.



ANNIE

Saturday, December 8

10:30 AM – 5:30 PM

Member: \$45 • Non-Member: \$55

With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City orphanage run by the cruel, embittered Miss Hannigan. Join us as we watch this production at Lincoln Theater in Mount Vernon. We will stop for a no host lunch prior to the show.

SUNDAY BRUNCH AT CHUCKANUT MANOR

Sunday, December 9

9:45 AM – 2:30 PM

Member: \$68 • Non-Member: \$80

It is time once more for our Christmas Brunch and yearly visit with Santa Claus. Put on your holiday finery and head up with us to beautiful Chuckanut Manor for Sunday brunch. Price includes transportation, brunch, coffee & tea, your first glass of champagne, and gratuity.

TULALIP CASINO OR OUTLET MALLS

Tuesday, December 11

9 AM – 5 PM

Member: \$27 • Non-Member: \$37

It almost feels like a Las Vegas casino; great buffet, plus other attractions close by. If you don't feel like gambling you can shop the day away at the Seattle Premium Outlet Mall.



THE LION KING

Thursday, December 13

8:45 AM – 7 PM

Member: \$108 • Non-Member: \$125

Come watch the production of *The Lion King* at Paramount Theater. Tony Award winner, Julie Taymor brings to life this story filled with hope and adventure. It will be sure to have you intrigued and amazed. We will stop for a no host lunch prior to the show.



THE NUTCRACKER

Saturday, December 15

8:45 AM – 7 PM

Member: \$138 • Non-Member: \$160

Enjoy George Balanchine's production of *The Nutcracker* at McCaw Hall in Seattle.

This 2.5-hour production is a must-see event during the holiday season. We will stop for a no host lunch prior to the show.

LOCAL CHRISTMAS LIGHTS TOUR

Monday, December 17

6 – 7 PM

Member: \$5 • Non-Member: \$7

Join the Oak Harbor Senior Center as we drive around looking at Christmas lights on Whidbey Island. After we take in the joys of the holiday decorations, we will head back to the Center for hot cocoa, coffee, and cookies.



HOLIDAY GETAWAY IN PORTLAND OREGON

Wednesday, December 19 – Thursday, December 20

12/19: 8 AM – 12/20: 8 PM

Member: Double-\$215, Single-\$280
Non-Member: Double-\$250, Single-\$315
(all prices per person)

Get in the holiday spirit with a getaway to Portland, Ore. This will be a fun-packed trip with a chance to explore the city, tour the Historic Pittock Mansion all decorated for Christmas, do some last-minute holiday shopping, and take a stroll down Peacock Lane, Portland's iconic Christmas street. Cost includes transportation, 1-night stay at Marriot Downtown Waterfront Hotel, breakfast buffet (12/20), and entrance into Pittock Mansion.

EXTENDED TRAVEL

AUSTRALIA & NEW ZEALAND

February 17 – March 9, 2019

Double: \$7,999 • Single: \$9,949

Includes ground and air transportation, lodging, and 29 meals

Take an adventure to the Outback you will never forget on a 21-day experience featuring the Great Barrier Reef, Melbourne, Alice Springs, and Sydney Australia along with Christchurch, Franz Josef, and Queenstown, New Zealand.



AMERICA'S MUSICAL HERITAGE: BRANSON, MEMPHIS, AND NASHVILLE

April 3 – 11, 2019

Double: \$2,895 • Single: \$3,695

Includes ground and air transportation, lodging including 2 nights at the Opryland Resort, and 13 meals

This tour features St. Louis city tour, Showboat Branson Belle, Clinton Presidential Library, Graceland, Grand Ole Opry, Country Music Hall of Fame, and much more!



EXPLORE TUSCANY

September 19 – 27, 2019

SPECIAL TRAVEL PRESENTATION:
THURSDAY, JANUARY 24, 2019

Double: \$3,349 • Single: \$3,649

Includes ground and air transportation, lodging, and 10 meals

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



ICELAND'S MAGICAL NORTHERN LIGHTS

November 1-7, 2019

Double: \$3,849 • Single: \$4,349

Includes ground and air transportation, lodging, and 10 meals

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



Oak Harbor Senior Center and Island Senior Resources will be closed November 22-23 in observance of Thanksgiving

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 2018

All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM • Return 4:30 PM
Member: \$35 • Non-member: \$45

2018



SWINOMISH November 13
TULALIP RESORT December 11

2019

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

MEAL SITES & HOURS

ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

14594 SR 525, Langlely, WA 98260 • 360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 am

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 am

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 am

BROOKHAVEN

150 4th Street, Langlely, WA 98260 • 360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 pm

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 am

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal.

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

MENU - NOVEMBER

\$5 Suggested donation for meals

WEEK 1

Thurs	1	Chef's Choice
Fri	2	Chicken Divan

WEEK 2

Mon	5	Chicken Strips & Oven Fries
Tues	6	Terrific Taco Soup
Wed	7	Fish Alyeska w/Creamy Sauce
Thurs	8	Chef's Choice
Fri	9	Meaty Lasagna

WEEK 3

Mon	12	Teriyaki Chicken & Rice
Tue	13	Tuna Salad on Croissant & Soup
Wed	14	Thanksgiving Meal- Turkey & Fixings!
Thur	15	Chef's Choice
Fri	16	Chicken Fettuccini Alfredo

WEEK 4

Mon	19	Pork Chops & Apple Chutney
Tues	20	Soup of the Day & Half Reuben
Wed	21	Beef Stew
Thur	22	Holiday- Meal Sites Closed
Fri	23	Holiday- Meal Sites Closed

WEEK 5

Mon	26	Chicken Cordon Blue
Tues	27	Egg Salad Sandwich & Salad
Wed	28	Hot Roast Beef Sandwich
Thurs	29	Chef's Choice
Fri	30	Ham and Potato Casserole

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Oak Harbor Senior Center

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Normal Business Hours:

Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • (360) 279-4581

Senior Services Administrator

Carly Waymire • (360) 279-4583

Program Coordinator

Barry Wenaas • (360) 279-4582

Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

The Month of November featuring many Special Days

By Barry Wenaas

Program Assistant, Oak Harbor Senior Center



November 1, we celebrate All Saint's Day. It is a day that recognizes all the Saints of Christianity. There are over 10,000.

Also November 1, it is Men Make Dinner Day. It is always the 1st Thursday of the month. It was created for two reasons – first to give the ladies a break from cooking chores and secondly, it seeks to encourage men who do not cook, to learn to cook. Even men who do cook should celebrate this day by making a meal. Now the Golden Rule: Women cannot assist in the meal. No take out or prepared foods. No grilling. If you have never cooked before, make it simple. Also make sure you include desert with the meal. And most of all, clean up the pots, pans and mixing bowls.



November 2, we celebrate National Deviled Egg Day. All you devils must go forth and consume deviled eggs on this very special day.

The first Saturday in November or November 2 (this year) is Book Lover's Day. This day encourages you to find a comfy place to relax with a good book. Book reading is a great hobby, as it is educational, informative and relaxing.



November 4, you can celebrate King Tut Day. That was the date his tomb was dis-

covered. Over 3,000 years ago, Tutankhamun became King of Egypt at the age of 9. He died at the age of 19. The tomb of Egypt's "Child King" was discovered November 4, 1922. The tomb was discovered nearly intact in Egypt's "Valley of the Kings." There is speculation King Tut died of sickle cell disease. Tut is one of the best preserved mummies because he was so undisturbed.

Have you ever been Marooned Without a Compass? Guess what, there is just such a day and it occurs November 6. Which direction will you take today? How is your sense of direction? Do you often find yourself going around in circles? Do you know where you are? If any of these questions describe your current state of being, then you are in tune to this special day. We can use our orienteering skills such as checking the tree moss – which grows on the shaded, north side of the tree trunk – or we can look at it in another way, being marooned without a compass could be a good thing with our busy life we seldom have time to relax. We can just kick back and enjoy being marooned – tomorrow we can head east as the sun rises.

Chaos Never Dies Day recognizes the turmoil in modern, everyday life. Are things a little crazy at home or work? Is life a little on the wild side? Are things a little hectic and disorderly? Thought so. Just when things seem to calm down, along comes something to disrupt your life. Yes, disorder is everywhere. Hectic schedules, changes to plans, unexpected tasks and chores – the list goes on and on and on and on. Today, November 9, is designed for you. You can best celebrate this by recognizing that chaos never dies; rather it is a way of life. On the bright side, if you think your life is chaotic today, wait until the holiday season arrives. We hope you have a calm and serene Chaos Never Dies Day!

November 10, we celebrate the birthday of the United States Marine Corps. The Continental Congress of the newly created United States of America, authorized the creation of the Continental Marines November 10, 1775. It was later renamed the U.S. Marine Corps. The Marines have proudly participated in

every war that has involved the United States. Please thank them for their contribution to the protection of our country.



November 11, we celebrate Veterans Day and Honor ALL Members of the Armed Forces who served this country valiantly and in a very big way. They served and fought to protect us to keep our country safe and to preserve our way of life. Many of the veterans made the ultimate sacrifice. This holiday was originally called Armistice Day and was first celebrated in 1921. In 1954, President Eisenhower changed it to Veterans Day in honor of those who served and died from all wars. November 11, 1921 at 11:11, the U.S., France and England each buried an unknown soldier in honor of those who died in World War I which began the Armistice Day holiday. The time and day were picked because the fighting ceased in WWI November 11, 1918 at 11:11. Every year on this date and time, work stops for a moment of silence.

You have seen the book *CHICKEN SOUP FOR THE SOUL*. Well there is a day, November 12, to celebrate who you are, where you have been, where you are going and who you will be thankful to when you get there. Chicken soup has long been seen as a remedy for colds, flu and just about anything that ails you – it has to be Mom's homemade chicken soup. Have a Happy Day.

How many of you remember Al Capp's *Lil' Abner* Cartoons in the 1930s? It published for 40 years. In the cartoon series, he created Sadie Hawkins Day. On this day, it is said the Mayor of Dogpatch was desperate to marry off his ugly daughter so he held a race for all single men, and they were given a head start. Then the single women, including his daughter, chased the boys. If a girl caught her man, he had to marry her. This holiday



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

*Tuesday, Nov. 13, 1–3 pm,
2720 Heller Road, Fire Station #25*

Terry Beatty, Director of the LDS Family History Center in Oak Harbor, will speak about FamilySearch and resources available at the Family History Center.

All are welcome to attend.

Call Bobby O'Neal, 360-632-5591 or email whidbeygensearchers@gmail.com for more information.

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

BACK PAIN & SCIATICA WORKSHOP

Saturday, November 17, 11AM

Rue & Primavera
785 Bayshore Drive, Ste 102
Oak Harbor

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

 **Rue & Primavera**
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basically died when the cartoon was discontinued. Occasionally it has been celebrated on college campuses.

Next up is World Kindness Day. The "Declaration of Kindness" culminated November 13, 1997 – with this declaration, a new and very special day was born. It is an opportunity to be kind to family, friends, neighbors, and others. You will find kindness rubs off on others, and generates even more kindness.

What is a "normal" sugar level? This question is brought up as we celebrate World Diabetes Day November 14. Diabetes has two forms: The first is Juvenile (Type 1) Diabetes. The second is Adult Onset (Type 2) Diabetes. Diabetes is a growing problem in children and adults. It is seen as a looming crisis in America, due to our diets and sedentary lifestyle. In the case of Type 2, it usually can be avoided or delayed with diet and exercise. This day was created to encourage people to make life style changes, seek a cure, fund raising for treatment and cures, and to provide education for treatment and management.



Okay, how often do you clean out your refrigerator? Well, it has a special day and it's November 15. Common speculation is this day was created just in advance of Thanksgiving to allow room for holiday leftovers. The question has arisen, who wins the prize for the worst refrigerator surprise – most often it's the workplace refrigerators. Good luck on your adventure of cleaning out your refrigerator.

Now that you have cleaned out your refrigerator, you will need to go out and get something to eat, so go out and celebrate National Fast Food Day November 16.



National Adoption Day is celebrated the Saturday before Thanksgiving. It is promoted and sponsored by a variety of child care and adoption groups. This day was created to finalize thousands of annual adoptions and to celebrate and give recognition to families who adopt children – it is also intended to raise awareness of the tens of thousands of children awaiting adoption. It wasn't until 2006 this day was celebrated in all 50 states, the District of Columbia and Puerto Rico.



SHARE YOUR TALENTS: VOLUNTEER AT OHSC

If you have a talent you would like to share by volunteering or leading a program at Oak Harbor Senior Center please contact Carly Waymire, 360-279-4583, cwaymire@oakharbor.org



We have World Peace Day November 17 and World Hello Day November 21. Both days were created to promote World Peace. Greet 10 people for peace by saying "hello." These days are encouraging one to promote peace and avoid war. World Hello Day was created during the 1973 conflict between Egypt and Israel. The creators of this day, Brian and Michael McCormack, believe your efforts can help promote global peace and they believe it starts with communications – thus the greeting of 10 people.

When things get chaotic and a little stressful, go for a ride November 22. This is a great way to relieve stress. Tucked between two monster sized holidays of Halloween and Christmas is Thanksgiving. It receives less attention, but it is a very important holiday. It is a time to kick back and relax, watch a football game and enjoy a huge feast. It is also a time to give Thanks.



Thanksgiving was celebrated between the Pilgrims and Indians in 1621. The first feast was a 3-day affair that celebrated the Fall Harvest. The huge feast included a wide variety of animals and fowl, as well as fruits and vegetables from the full harvest. In 1944, Congress made it a National Holiday and set the date to be the fourth Thursday in November.

We will end this month on Pins and Needles Day which is celebrated November 27. The real purpose of Pins and Needles is to commemorate the opening of the Pro-Labor play "Pins and Needles" on Broadway this day in 1937. Today most people look upon this day as a nervous and anxious day. It's a day of eager anticipation as we await an event or for something to happen. One could argue kids are on pins and needles from now until Christmas, as they nervously wonder if they have been good enough to receive a visit from Santa in a few weeks. When one looks back to the origin of this special day – it goes back to the labor movement in the 1920s. The play opened in 1937 and ran for 1,108 performances, once holding the record for longevity. It was produced by the International Ladies Garment Workers Union, and Union members made up the cast.

Have a wonderful November and keep your cool while staying warm and cozy!

Come Play Pickleball – Beginners Welcome!

Every Wednesday at 4 PM and Saturday at 10 AM the Oak Harbor Senior Center plays Pickleball at the Oak Harbor Christian School (675 E Whidbey Ave). Anyone 50 and older is encouraged to join in the fun! Beginners are welcome, and all equipment is provided. Come try a few classes for free to see if pickleball is a sport for you! If you have any questions please contact Carly Waymire, Program Coordinator at 360-279-4583.

PICKLEBALL COST

	OHSC Member	Non-member
Drop In:	\$3	\$5
Month:	\$20	\$25
Quarter:	\$50	\$60



Basket Weaving Class

Expert basket weaver, Jane Hyde will guide you through making your very own medium, hearth basket in this one-day class. Join her for this beginner class Thursday, November 15 from 9 a.m. – 3 p.m. You will receive all the supplies, tools, and instructions to weave your own basket which is yours to keep at the end of the day! The cost of the class is \$65 for OHSC members and \$75 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!



A Power Partnership

Your opportunity to make a positive impact

We are pleased to announce The Oak Harbor Senior Center has been selected as one of 10 local non-profit organizations recognized by Puget Sound Energy to support this year. Their financial assistance will help us bring greater visibility to our work in the community, as we further our organization's mission.



And for a limited time, PSE has provided you an opportunity to play a vital role in helping fund our efforts, while also supporting the development of new renewable energy in the region. Here's how it works:

Sign up for one or both of PSE's renewable energy programs (Green Power and/or Solar Choice); they will donate money to this organization on your behalf. For instance, you can choose to make your home carbon neutral by matching 100% of your electricity usage (an average \$10 more per month), or match a portion of your electricity for as little as \$4 more per month. Just go to pse.com/enroll, use the code OHS and PSE will donate \$10 to our organization. All you need to be is a PSE electric customer.

This partnership with PSE provides you the ability to join the combined efforts of your community to create sustainable change that paves the way for positive impacts today and for future generations.

Whidbey Art Party

Come join professional painter Amy Hauser for a one of a kind art party! Absolutely no experience is necessary, anyone can join in the fun! Amy will give you step by step instructions to create your very own hand painted canvas which is yours to keep. All materials are provided in the class including the canvas, instructions, painting materials, and refreshments. Whether you are wanting to try something new or an experienced painter this class is for you! Join us on November 7, 2018 or December 6, 2018 from 6:00 – 8:00 PM at the Oak Harbor Senior Center. The cost per class is \$40 for OHSC Members and \$45 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.



Whimsy Owl November 7

Joy December 6





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MEDICARE continued from page 1

others are going through the same process. Some options include; going to mymedicarematters.com and taking a short Medicare Questionnaire that will help you discover which plans might be most appropriate for you, meeting with a Statewide Health Insurance Benefits Advisor (SHIBA), or requesting an Evidence of Coverage document from your Medicare provider.

The SHIBA advisers will be holding some special seminars focused on the open enrollment period. They will teach you about the changes in Medicare for 2019, cover basic benefits, and help you decide which is the best option for you and your 2019 medical needs. These seminars are open to the public and are a free service provided by SHIBA. Join us at one of the following dates and times:

- Saturday, Nov. 3 | 9:30 a.m.
- Friday, Nov. 9 | 11 a.m. (Tricare for Life)
- Tuesday, Nov. 13 | 10 a.m.
- Tuesday, Nov. 20 | 1 p.m.
- Wednesday, Nov. 28 | 9:30 a.m.
- Tuesday, Dec. 4 | 2 p.m.
- Thursday, Dec. 6 | 10 a.m.

For these seminars no registration is required and if you would like help finding a drug plan for 2019 please bring a detailed list of your medications.

SHIBA advisers are also at the Senior Center every Tuesday for one-on-one counseling sessions by appointment. To make an appointment with a SHIBA adviser please call the Center at 360-279-4580.

The National Council on Aging noted that many Medicare providers are going paperless. New policies do not require hard copies of some documents to be mailed directly to you. Instead, they will provide the documentation such as Evidence of Coverage and plan materials on their websites. Plans are required however to mail you a notice called the Notification of Electronic Materials to all enrollees telling them how to obtain hard copies of the plan materials and how to access them online. If you would like a hard copy of any of the material it is suggested to contact your plan and they can mail you a copy. Another suggestion to keep organized and easily access your Medicare notices you can create an account by visiting Medicare.gov. After creating an account you will receive all notices via email.

As all this information can become overwhelming and seem foreign just remember there are people out there who are willing to help! We encourage you to try a Medicare Seminar presented by SHIBA or make an appointment to meet with an adviser to help guide you through Medicare Open Enrollment.

Oak Harbor Senior Center HOLIDAY HAPPENINGS:

HOLIDAY BAZAAR

Saturday, December 8 • 9 a.m. – 2 p.m.

Come shop at the Holiday Bazaar at the Oak Harbor Senior Center! There will be multiple vendors including handmade items, jewelry, national vendors, clothing, gifts, baked goods and so much more.

OAK HARBOR HIGH SCHOOL JAZZ CONCERT

Friday, December 14 • 10:30 a.m.

The Oak Harbor High School Jazz Band will be putting on a free concert open to the community at the Senior Center Friday, December 14. Come listen as they play classic holiday songs and fill the room with joy!

HOLIDAY LUNCH

Tuesday, December 18 • 11:30 a.m.

Members: \$10 Non-Members: \$15

Tickets can be pre-purchased at the Center or by calling 360-279-4583

Join us for a traditional Holiday Lunch featuring turkey dinner and all the fixings. This will be a fun-filled afternoon with delicious food, holiday cheer, and joyful spirits!

ISLAND TIMES IS A PUBLICATION OF WHIDBEY WEEKLY

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**Volume 2
Issue 7**

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