

Island Times

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

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 3 • Issue 6

The Joys of Volunteering

By Christina Baldwin

Board Member, Island Senior Resources

Okay, the summer guests are long gone, the kids or grandkids are in school, the garden is harvested, and the days are short. Oh, and it's raining. What are you going to do to cheer yourself up this coming winter? Why not volunteer?

Every volunteer I talk to says things like: "It's the most interesting part of my week." "I meet new people that I wouldn't come across otherwise, and I'm delighted to listen to their stories and learn more about who lives on the island with me." "I accomplish something a little out of my ordinary routine, and it gives me a sense of still learning new things; it gets me out of my habits." "I like the exercise! I get in my 10,000 steps working at the thrift store."

Volunteerism is an essential component within communities. Every nonprofit you can name counts on volunteers. Beyond paid staff, the addition of volunteers allows organizations to provide outreach and services they could not otherwise financially sustain. Who hands you a program at WICA? Who serves coffee after church? Who checks out your purchases at the Thrift Store (and stocks and tidies all the goods we choose from!)? Who provides care-giver relief, or babysitting and playtime so moms and dads can have a break? Who works in the school and community gardens? Who fills the food shelves? Who serves pancakes at the Senior Center? Who makes weekend food for kids to take home from school? Who sews and knits blankets for shelters?

"As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others."
~ Audrey Hepburn

MaryJo, Shirley, and Rosemary at K&R Farms' The Stand



VOLUNTEERISM continued on page 12



A Season of New Beginning

By Jade Brown

Program Assistant, Oak Harbor Senior Services

It is the time of year where leaves begin to fall, morning air is cold and crisp, and everything around us is slowly changing. Fall is a time of rejuvenation; the animals are getting ready for hibernation and we all take a moment to slow down after the long summer days and before the holiday rush. October is the perfect month to relax and recuperate.

Now I like to participate in the typical fall/October activities, such as going to the pumpkin patch, carving pumpkins,

and baking yummy pumpkin treats. But I also like to have plenty of lazy days, to sit around and watch football, or my personal favorite is to curl up on the couch with a cup of hot chocolate and watch Hallmark movie marathons!

This season is the start of new beginnings. Sometimes it feels like the start to a whole new year. School has started; therefore, the town seems a little bit quieter. The leaves change color and fall,

BEGINNINGS continued on page 3

QUESTION OF THE MONTH: WHAT DO YOU FIND TO BE THE GREATEST REWARD FOR VOLUNTEERING?

Lorna Londot

Oak Harbor

"Meeting a lot of new, and interesting people."

Shirley

Oak Harbor

"The greatest reward is hearing and receiving the appreciation of those being served."

Muriel Burlington

Oak Harbor

"Getting to know other people and the relationships that you develop."

Joan, 83

Oak Harbor

"I enjoy it very much and it is so good for my health."

Tammy, 55

Oak Harbor

"I enjoy helping other people. Someday I might need help so I am paying it forward."

Rosemary Morrison

Oak Harbor

"Being able to assist people."

Pat, 85

Oak Harbor

"Making friends with different people."

MaryJo Morris

Oak Harbor

"It keeps me active."

Whidbey Weekly

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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

Jade Brown • 360-279-4582

Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

How to Plan for End of Life Care

By Carly Waymire

Program Coordinator, Oak Harbor Senior Center

At some point most of us have thought about dying and how we wish it would be a "good" death, but, planning for the end of your life is not really something most of us want to think about or enjoy speaking freely about. Although, end of life planning (also known as advanced care planning) can bring you peace of mind and make it easier for your loved ones, so it is something to consider.

End of life planning is the process of learning about what decisions need to be made, considering what kind of care you are going to want, and then letting those important people in your life know your desired preferences. A misconception about end of life planning is it is a one-time decision and needs to be decided once you are "old." The truth is, your preferences may change over time and end of life planning is for any

age because no matter how old you are, the result of a disease or severe injury could leave you in a place where you are not able to speak for yourself.

The decisions for end of life care most prominently include what kind of care you want to receive in emergency situations to keep you alive. Some of these practices include CPR, ventilators, feeding tubes, IVs, and hospice care. Once you decide what level of care you desire, the next step is to complete an advance directive (also known as a living will or health care power of attorney) which is a legal document that provides guidance about what kind of treatment you want to receive and a POLST form which is a medical order for the specific medical treatments you want in a medical emergency. Once completed, these documents will instruct your family and medical providers of your end of life wishes.

It is well known end of life planning and completing the documents to make your wishes known can be a daunting task. In order to better help educate and inform you of your options, the Oak Harbor Senior Center's next Educational Series is "All about End of Life Planning." This is a great opportunity to hear more from educated professionals who are experts on end of life care.

Education Series:

All About End of Life Planning

At Oak Harbor Senior Center | 11 a.m. | Free and all are welcome

Thursday, November 7: End of Life Planning – The Full Picture

End of Life Washington, an organization whose vision is for people to understand their end of life choices, will present the options available for end of life planning. These educated experts will inform you about how to talk to your family and medical providers, what the death dignity act entails, and how to complete an advance directive.

Thursday, November 14: Completing your Advance Directive

End of Life Washington will return for our second presentation and help walk you through filling out an advance directive. It will be formatted like a workshop and the goal is by the end of the presentation, you will have an almost completed advance directive.

Thursday, November 21: Defining Hospice Care

Kaaren Flint from Hospice of the Northwest will explain what hospice care is, who they serve, and how they bring hope to individuals and families facing a life-limiting illness. Hospice of the Northwest provides expert medical, emotional, social and spiritual support that contributes to the best possible quality of life—at any age, wherever you are on your journey and wherever you live. They focus on your needs and goals, so you can live each day to its fullest in comfort and dignity. Kaaren's presentation will address all the ways we accomplish these important aspects of hospice care.

W.I.G.S.

(Whidbey Island Genealogical Searchers)

Please note **NEW DATE and LOCATION**

Tuesday, Oct. 15, 1–3 p.m.
Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor

"From Matches in a List to Family: Case Studies in DNA" will be presented by Mary Kathryn Kozy.

All are welcome to attend.

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



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VOLUNTEERS NEEDED AT OAK HARBOR SENIOR CENTER

Looking to get involved? The Oak Harbor Senior Center has many ways to get involved. Here are a few of the opportunities at the Center: Travel & Excursion Escort, Event Planning Committee, and Front Desk Receptionist. If you are interested in volunteering or would like more detailed duty descriptions, please contact Carly Waymire at 360.279.4583 or stop by to pick up an application. Volunteering a good way to meet new people, make connections, feel like you are a part of something, and give back!



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GATHERING continued from page 1

we put away our summer clothes in exchange for warm fluffy sweaters, the days grow shorter and the nights grow longer. We say goodbye to our snow bird friends. But with these goodbyes comes hellos.

This is the favorite season for a lot of people, and I'm starting to understand why. I find that I relax just a little bit more this time of year, especially after a busy summer where I was constantly on the go. Now I know it also seems like the holiday season is fast approaching, but let's all take a deep fall breath and just enjoy this season for a few weeks longer.

So, here's to fall, and here's to all, a blessed autumns day.

Linda and Cindy at K&R Farms' The Stand



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A ROCK-SOLID THANK-YOU TO:

2019 Aug. 30 through Sep. 1

Oak Harbor Music Festival

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1000 THANK-YOUs to the 250+ volunteers and the City of Oak Harbor workforce that made this festival happen, along with funding from individuals and small business donors, the Oak Harbor & Island County LTAC Committees.

Also, keeping us safe, a shout-out to the Oak Harbor Police Department and the Oak Harbor Fire Department.

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CLASSES and EVENTS at Oak Harbor Senior Center

RECYCLED BUTTERFLY DÉCOR



Wednesday, Oct. 2 • 1:30 p.m.

FREE

Add color to your fridge, garden, or even screened doors with recycled plastic butterflies. Let's get crafty and have some fun! Supplies and instructions will be provided. To register please stop by or call the Center at 360-279-4580.

WILL AND ESTATE PLANNING WORKSHOP

Thursdays in October
11 a.m. – noon

Member: \$25 all sessions, \$10 ea.
Non-member: \$30 all sessions, \$15 ea.

Attorney Jake Kempton from Whidbey Will and Trust will go over everything you need to know about estate planning, wills, trusts, power of attorney, and end of life care to put your mind at ease about end-of-life planning. This 4-week workshop requires registration as space is limited. To register please call the Center.

DECEPTION PASS PARKS PRESENTATION

Wednesday, Oct. 16
10:30 – 11:30 a.m.

Deception Pass State Park Area Manager, Jason Armstrong will share about the park's history, interesting facts, and future plans. Join him for this informational presentation to learn more about the Deception Pass State Park and what the future holds.

MILITARY LEGAL PRESENTATION

Wednesday, Oct. 23 • 10:30 a.m.

A representative from Region Legal Service Office NW will explain what services are available to active duty, retirees, and dependents from all branches of the military. They can help provide many services including estate planning and legal resources. If you are a military retiree, come see what kind of free services may be available to you!

FANCIFUL FALL – AN UNEXPECTED RUNWAY SHOW WITH FLARE

Saturday, Oct. 26
Doors open 5:30 p.m.
Dinner and event 6 p.m.

Tickets are \$50 per person, includes dinner

As the first annual benefit event for the Oak Harbor Senior Center Foundation, in addition to the wearable arts show, there will be a silent dessert auction, raise the paddle, and beer and wine will be available for purchase. Tickets are on sale at the Oak Harbor Senior Center for \$50. Tickets include dinner and a show. Remember, accouterments and haberdashery highly encouraged!

ALL MEMBER MEETING

Tuesday, Oct. 29
10:30 – 11:30 a.m.

All members of the Oak Harbor Senior Center are invited to join our annual All Member Meeting Tuesday, Oct. 29 at 10:30 a.m. Liz Lange, Administrator Senior Services, will be providing an update about the state of the Senior Center, including a recap of 2019 and future plans for 2020. We hope to see you there!

AARP SAFE DRIVER COURSE

Wednesday, Oct. 30
8:30 a.m. – 4:30 p.m.

AARP Member: \$15
Non-AARP Member: \$20

Must pre-register by calling the center at 360-279-4580

fanciful FALL
AN UNEXPECTED RUNWAY SHOW WITH FLARE

Oak Harbor Senior Center
Saturday, October 26th
\$50 Per Person
Doors open 5:30
Dinner & Event 6:00

Dinner & Wearable Art Fashion Show
Silent Dessert Auction & Raise the Paddle

Accouterments & Haberdashery Highly Encouraged

A BENEFIT EVENT FOR THE
OAK HARBOR SENIOR CENTER FOUNDATION

ISLAND COUNTY VOLUNTEER LAWYER PRESENTATION

Wednesday, Nov. 6 • 10:30 a.m.

A board member from the Island County Volunteer Lawyer Program will explain what services are available to income eligible residents in Washington state and persons age 60 and over, at no cost.

Come learn about what services they may be able to provide to you free of charge.

POINSETTIA WREATH CLASS



Wednesday, Nov. 6 • 1:30 p.m.

Member: \$15 • Non-Member: \$20

Whether you are looking for an affordable gift idea or bright décor option for your door, Angel will show you the technique to using Poly-Mesh to create this beautiful flower wreath. Cost includes supplies and instructions. Space is limited, please register by calling the center at 360-279-4580.

ARE YOU INTERESTED?

BEGINNER AND INTERMEDIATE CHESS CLASS

Wednesdays at 10 a.m.

\$5 Per Class

Are you interested in learning more about the game of chess? Professional chess coach will teach beginning principals and tactics of chess. Each session will include a half hour of instruction and a half hour of play. Chess will inject adventure and excitement into your life as well as enhance your brain power! If you are interested in learning more about the game, please contact our program coordinator, Carly Waymire, at 360-279-4583 or cwaymire@oakharbor.com.

TAP DANCE

If you are interested in learning tap dance please contact our program coordinator, Carly Waymire, at 360-279-4583 or cwaymire@oakharbor.com.

NEW! BACK TO KNITTING CLASS

1st and 3rd Mondays • 2 p.m.

This class is for those who are experienced knitters but have stopped knitting because of a life altering circumstance, illness, or injury. An experienced knitter will guide you through simple patterns to get you back to knitting like you used to. Please note this class is intended for those who have previously knitted.

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OCTOBER

OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|
| 9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 2 Back to Knitting (1st & 3rd Monday) 2:30 Parkinsons Singing Group (1st & 3rd Monday) 3 Clogging 5 Tai Chi | 8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 6 Pinochle 6 Lapidary 6:30 Stamp Club (2nd & 4th Tuesdays) SHIBA – By appointment | 9 Billiards 9 Lapidary 9:45 Enhance Fitness 10 Wire Wrap (3rd Wednesday) 11:30 Duplicate Bridge 11:30 LUNCH 12:30 Party Bridge 12:30 Ping Pong 1 Paper Crafts (2nd & 4th Wednesday) 2 Caregiver Support (4th Wednesday) 4 Pickle Ball | 8:30 Yoga 9 Billiards 10 Creative Writing 10 Walking Club 11 Mah Jongg 1 Mexican Train 1 Reiki Treatments 1 History Class 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap | 8:30 Tai Chi 9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 7 Country Dance (2nd Friday) 6:30 Old Time Fiddlers (1st Friday) | Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball (First Saturday only) |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|-------------------------|
| 10 Time Together* 11:45 Lunch Served 1 Mahjong | 8:45 Tai Chi Wu Style 9 Foot Clinic – call (360) 341-3210 for appt 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn Oct. 1 - 1st Tuesday 10 Parkinson's Support Group** Oct. 8 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singing Group South* Oct. 15 - 3rd Tuesday 10 MS Support Group Oct. 22 - 4th Tuesday 10 Early Stages Dementia Support Group 2:30 Parkinson's Singing Group South* | 10 Quilters & Crafters 10 Time Together* 10 Intermediate Line Dancing 11:45 Lunch Served Oct. 30 - Last Wednesday 11:45 Birthday cake and Party (all are welcome) | 8:30 Bridge 9 Senior Striders 10 Time Together* (10-noon only) 12:15 Reader's Theater Rehearsal 6 Twilight Bridge | 10 Time Together* 10:45 Fun Band 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 11:45 Lunch Served Oct. 11 and Oct. 25 2 Legal consults (call for appointment) | 11 Israeli Circle Dance |

*Activities are held at St. Augustine's-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland
Call Island Senior Resources for instructor contact numbers and information.

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

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- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s



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

Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor
Monday, Oct. 7, 11 a.m.

Harvest Festival at Harbor Tower

October 31 • 5:30-7:30

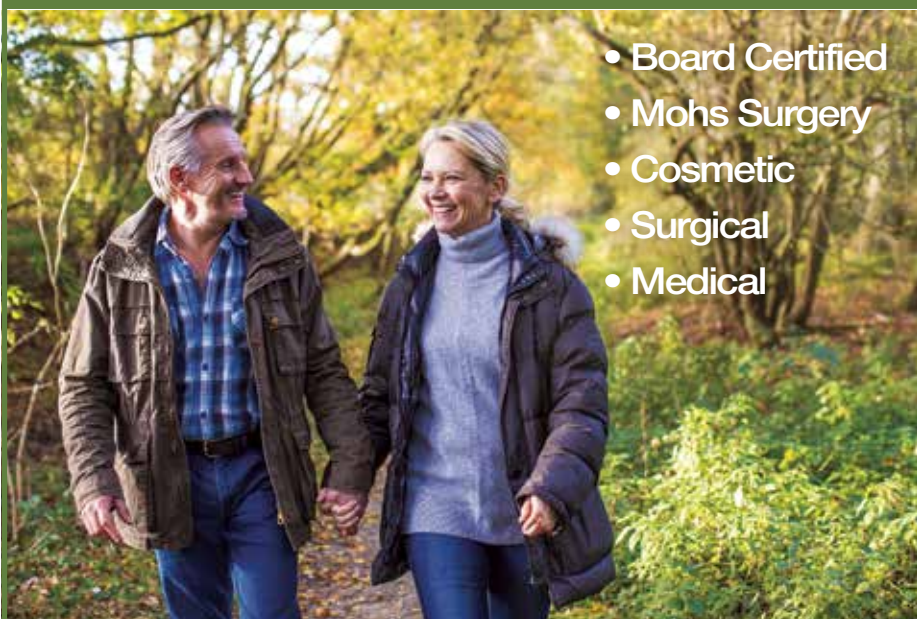
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Whidbey Island
Support Groups

NORTH END

Alzheimer's & Dementia Caregivers Support Group

1st Thursday, 2:30 – 4:30 p.m.
Summer Hill Assisted Living, Oak Harbor
Contact: Heidi Kuzina, 360-679-1400
or Karen Cowgill, 360-279-2555

Oak Harbor Caregiver Support Group 1

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

Oak Harbor Caregiver Support Group 2

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

Parkinson's Support Group

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

Parkinson's Singing Group

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

SOUTH END

Alzheimer's & Dementia Caregivers Support Group

2nd Tuesday, 10 a.m. – Noon
Alder Room, Island Senior Resources,
14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

MS Support Group

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

Parkinson's Support Group

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

Aging in Grace Support Group

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

Parkinson's Singing Group South

2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
St Augustine's in-the-Woods
5217 S Honeymoon Bay Rd, Freeland
Contact: Mel Watson, 360-321-1623

Early Stages Dementia Support Group

4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources
14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623.

Medicare 2020

Medicare's open enrollment runs from Oct. 15 to Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans. It is important to be sure your plans will meet your needs next year. There are changes in Medicare occurring in 2020 for some enrollees. We will help you understand what is best for you!

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

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2020 will be covered in the Medicare 2020 classes
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options.

Individual Consultations:

For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:

Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment
WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment
Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment
Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.

OAK HARBOR SENIOR CENTER 51 SE Jerome St, Oak Harbor

Tuesday, Oct. 15 • 2:30 p.m.
Wednesday, Oct. 30 • 10 a.m.
Thursday Nov. 7 • 9:30 a.m.
Tuesday Nov. 19 • 9 a.m.
Friday Nov. 22 • 2 p.m.
Monday Nov. 25 • 10 a.m.

ISLAND SENIOR RESOURCES (BAYVIEW) 14594 SR 525, Langley

Wednesday, Oct. 16 • 10:30 a.m.
Tuesday, Oct. 29 • 1 p.m.
Saturday, Nov. 2 • 10 a.m.
Monday, Nov. 11 • 1 p.m.
Thursday, Nov. 14 • 1 p.m.

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

Wednesday, Oct. 30 • 10 a.m.

Join us for **LUNCH & LEARN**



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

LEO'S PLACE – Island Senior Resources (Bayview) • TUESDAYS, 12:30 P.M.

Lunch (optional) will be served 11:45 a.m. – 12:30 p.m. (suggested donation \$6) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Lunch & Learn's in Bayview are a collaborative venture with South Whidbey @ Home

Date Topic and Presenter

- Oct. 1** **How to Safely Use Medical Cannabis**
Dennis James of MediCannaCare will explore: Who can benefit from medical cannabis, the best way to take it and which medical cannabis products are safe? The point of medical cannabis is NOT to get high, but to get NORMAL – to sleep, deal with anxiety, reduce pain, and more.
- Oct. 8** **Get to Know Nichols Brothers**
Matt Nichols, Executive Vice President of Nichols Brothers Boat Builders, will talk about the past, present and future of his company. This company has been building boats in Freeland since 1964 and is a key community employer. Have you always wondered about that enterprise on Holmes Harbor? Here's your chance to learn more!
- Oct. 15** **Should Women Vote?**
2019 marks the 100th anniversary of the passage of the 19th Amendment to the U.S. Constitution granting universal suffrage to women. Local historian, Bob Waterman, will review the struggle for women suffrage in the U.S. and Washington State, and how women in Langley responded to their new opportunity to vote.
- Oct. 22** **Getting Involved on Whidbey**
What are the ways to get involved locally? How does getting involved give you as much as you give? How can you locate just the right avenue for your time and talents? Executive Director Cheryn Weiser discusses a range of local options and tests the waters about the need for an online resource that matches opportunities for involvement with individual interests.
- Oct. 29** **Talk with Commissioner Helen Price Johnson**
Island County Commissioner Helen Price Johnson will talk about efforts to develop more affordable housing on South Whidbey for workers, young families, seniors, and others who are important in our community but being priced out of being able to live here. She will also update us about other things happening in Island County government.

AT THE COUPEVILLE HUB • WEDNESDAYS, PRESENTATION BEGINS AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:45 (suggested donation \$6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: 360-678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- Oct. 2** **Bingo**
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
- Oct. 9** **Results Are In!**
Cheryn Weiser, Executive Director of ISR, will share organizational goals and directions shaped thru recent stakeholder feedback.
- Oct. 16** **You Can Get There!**
Pat Weekley, Director Volunteer Services/Medicaid Transportation (ISR). Pat will explain the many transportation options available to you thru Island Senior Resources, both on & off Island!
- Oct. 23** **Check Your Medicare Plans Now**
Presented by SHIBA (Statewide Health Insurance Benefits Advisors) Counselor Kati Corsaut: During open enrollment (Oct. 15 - Dec. 7) compare prescription drug plans to find the one best for you. Supplemental plans can change. Kati will clarify, explain, and answer your Medicare questions. SHIBA is a free, unbiased, and confidential service of the Washington State Office of the Insurance Commissioner.
- Oct. 30** **More Frank Pratt Mysteries**
Lee James, Coupeville historian, will continue a discussion started last year about the mysteries surrounding Frank Pratt. Recent explorations of Pratt's library may reveal insights, and provide one more mystery!

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.

MEAL SITES & HOURS

ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

14594 SR 525, Langley, WA 98260 • 360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

OAK HARBOR SENIOR CENTER

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

CAMANO CENTER

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

CAMBEY APARTMENTS

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

BROOKHAVEN

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

COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239 • 360-678-4256
Meals served Wed, 11:45 a.m.

HILLSIDE EVANGELICAL FREE CHURCH

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

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

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

MENU - OCTOBER

\$6 Suggested donation for meals

WEEK 1

| | | |
|-------------|----------|--------------------------------------|
| Tues | 1 | Stuffed Chili Potato w/Cheese |
| Wed | 2 | Three Cheese Ziti Bake |
| Thur | 3 | Brookhaven Chef's Choice |
| Fri | 4 | Spinach Feta Casserole |

WEEK 2

| | | |
|--------------|-----------|------------------------------------|
| Mon | 7 | Oven Baked Ranch Chicken |
| Tues | 8 | Navy Bean Soup w/Smoked Ham |
| Wed | 9 | Oktoberfest: Cabbage Rolls |
| Thurs | 10 | Brookhaven Chef's Choice |
| Fri | 11 | Tuna w/Cheese Casserole |

WEEK 3

| | | |
|--------------|-----------|--|
| Mon | 14 | Mushroom Herb Chicken Thighs |
| Tues | 15 | Tomato Bisque & Grilled Cheese Sandwich |
| Wed | 16 | Open Faced Turkey Sandwich |
| Thurs | 17 | Brookhaven Chef's Choice |
| Fri | 18 | Beef & Broccoli Stir Fry |

WEEK 4

| | | |
|--------------|-----------|---|
| Mon | 21 | Crispy Fish & Chips |
| Tues | 22 | Vegetable Quiche |
| Wed | 23 | Pork & Yam Bake |
| Thurs | 24 | Brookhaven Chef's Choice |
| Fri | 25 | Chicken Pot Pie w/Crusty Topping |

WEEK 5

| | | |
|--------------|-----------|-------------------------------------|
| Mon | 28 | Scalloped Potatoes w/Ham |
| Tues | 29 | Our Favorite Reuben Sandwich |
| Wed | 30 | Halloween Ghoulish Goulash |
| Thurs | 31 | Brookhaven Chef's Choice |

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TRAVEL LOG

OAK HARBOR SENIOR CENTER

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

MYSTERY LUNCHES

Thursday, October 17
Tuesday, November 12
Wednesday, December 18

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

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

OCTOBER

EBEY'S LANDING BLUFF TRAIL

Tuesday, October 8

Hike Departs 9:30 AM
Transportation not included
Member: \$14 • Non-Member: \$18

Meet us at the Ebey's Landing Bluff Trail parking lot (Discover pass or fee required in parking lot or parking along the road) for a moderate hike along Whidbey's beautiful waterfront.. We will take the 3.5 mile bluff/beach loop trail with an elevation gain of 260 ft. After the hike we will enjoy a picnic lunch on the beach. Please note the hike will go regardless of weather and includes walking on uneven surfaces, uphill, and steps. Cost includes guided hike and picnic lunch. Transportation is not included.

DUNGENESS CRAB & SEAFOOD FESTIVAL

Friday, October 11

8:30 AM - 7 PM
Member: \$75 • Non-Member: \$90

This abundant seafood festival located on the waterfront in Port Angeles is one you don't want to miss! The festival offers arts & craft vendors, live music, a street fair, cooking derby, entertainment, and lots of seafood! Price includes transportation, ferry, & crab dinner at the festival.



WATER LANTERN FESTIVAL

Saturday, October 12

3:30 PM - 11 PM
Member: \$85 • Non-Member: \$100

You will get the opportunity to take in the wonder of hundreds of paper lanterns floating on Seattle's Green Lake. Upon arrival, you can enjoy treats from several food trucks and music in this fair type atmosphere. Cost includes transportation, festival entrance, floating lantern, marker to decorate lantern, and commemorative drawstring bag.

IKEA AND UWAJIMAYA

Tuesday, October 15

8 AM - 5 PM
Member: \$45 • Non-Member: \$55

Our first stop will be at Uwajimaya in Renton where we can shop for Asian foods, kitchen items, and more. We will then visit the new renovated IKEA with two levels to shop and a new large restaurant. A relaxing enjoyable day!

HIKING SOUTH WHIDBEY STATE PARK

Friday, October 18

10 AM - 2:30 PM
Member: \$22 • Non-Member: \$26

Lets enjoy a 3.2 mile hike along the Wilbert Trail located in South Whidbey State Park where we will see ancient cedar trees and many other beautiful old growth forest trees. Before returning we will stop for a no host lunch. Please note the hike will go regardless of weather and includes walking on uneven surfaces, uphill, and steps. Cost includes transportation and guided hike.

OCEAN SHORE GETAWAY

Wednesday, October 23 –
Thursday, October 24

Member Per Person:
Double, \$225 • Single, \$285
Non-member Per Person:
Double, \$270 • Single, \$340

Head over to Ocean Shores with us where you can test your luck at the Quinault Beach Resort and Casino, enjoy the

resort's fine facilities, and take a stroll around town or along the ocean beach. For those who want to explore Ocean Shores, get a bite to eat, sight-see, and shop there will be transportation available and for those who want to win big there will be plenty of time to enjoy the casino. Cost includes transportation, one-night stay in ocean view room at Quinault Beach Resort and Casino, dinner buffet (10/23), and breakfast voucher (10/24).

BRITISH PANTRY

Tuesday, October 29

8 AM - 5 PM
Member: \$45 Non-Member: \$55

Let's shop at the British Pantry, an English inspired store, bakery, gift shop, and café! Here you will find one of a kind British foods and gifts. We will have lunch in their café which features delicious fish & chips, ploughman's, shepherd's pie, sausage rolls, and pasties. Before returning home there will be an optional stop at Ben Franklin's Crafts and Trader Joe's.

NOVEMBER



SILVER REEF CASINO

Monday, November 4

9 AM - 5 PM
Member: \$33 • Non-Member: \$40

Head up north with us to the Silver Reef Casino where we can play slots, tables, and enjoy a delicious lunch buffet or one of their many lunch options.

HISTORY OF SEATTLE LUNCH CRUISE

Wednesday, November 6

8:30 AM - 4:30 PM
Member: \$110 • Non-Member: \$130

Explore the history of our beautiful Pacific Northwest on a Waterways Cruise around Lake Union. While cruising, we will indulge in an extraordinary lunch of creative and delicious dishes and flavors of Seattle's Pike's Place Market. A fun, relaxing day! **Space is limited, please sign up by October 18.**



FRASER DOWNS

Monday, November 11

9:30 AM - 6:30 PM
Member: \$80 • Non-Member: \$95

Watch the harness horse races at Fraser Downs while enjoying a delicious brunch buffet. If you are feeling lucky, place some bets and see how you do! Price includes transportation and buffet. Space is limited, sign up soon to assure your spot.

PACIFIC CULINARY SCHOOL

Monday, November 18

8:30 AM - 5:30 PM
Member: \$100 • Non-Member: \$120

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

ALDERWOOD MALL

Thursday, November 21

8 AM - 5:30 PM
Member: \$40 Non-Member: \$48

Our semi-annual trip to the mall is an opportunity to pick up holiday gifts or enjoy shopping at Nordstrom's, REI, J Jill, and the new Soft Surroundings. Relax with a no host lunch stop, then hop on our bus to visit World Market. Don't forget to pick up some Cinnabon cinnamon rolls, always a treat!

KING ARTHUR BAKING CLASS

Saturday, November 23

8 AM - 3 PM
Member: \$110 • Non-Member: \$130

Do you enjoy eating great bread? We will have a hands-on class making small breads at the King Arthur Baking School in Burlington! This 3-hour class will teach

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MAKING SENSE OF INVESTING

us new techniques and we will be able to bring our delicious breads home so we can continue to enjoy them. We will also have a no host stop at the Third Street Cafe in Mt. Vernon for lunch before returning home.

DECEMBER

HOLIDAY BRUNCH AT CHUCKANUT MANOR

Sunday, December 8

10:15 AM - 2 PM

Member: \$70 • Non-Member: \$85
Cost includes transportation, brunch, coffee and tea, and first glass of champagne.

Our annual holiday brunch will ne at our favorite location, Chuckanut Manor. Come and enjoy the endless variety of enticing goodies, prime rib eggs benedict, fresh cream cakes and more! Santa and Mrs. Claus might make an appearance so let's put on our festive shirts and join Lauraine for this holiday celebration.

THE NUTCRACKER

Saturday, December 14

8:45 AM - 7 PM

Member: \$145 • Non-Member: \$170

See the classic Christmas ballet The Nutcracker, presented by the Pacific Northwest Ballet in the beautiful McCaw Hall. 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.

LIGHTS OF CHRISTMAS WARM BEACH

Thursday, December 19

3:30 PM - 9:30 PM

Member: \$48 • Non-Member: \$58

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)

ANGEL OF THE WINDS

Monday, December 16

9 AM - 3:30 PM

Member: \$30 • Non-Member: \$36

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

2020

"GUYS & DOLLS"

Saturday, January 18, 2020

9:30 AM - 5:30 PM

Member: \$117 • Non-Member: \$140

Considered by many to be the perfect musical comedy, *Guys and Dolls* is a treat full of romance, laughs, and irresistible charm. This Broadway production has been a crowd pleaser since 1950! We will have a no-host lunch at Anthony's Woodfire Grill prior to the show at Everett Village Theater. **Please sign up by December 6 to reserve your spot.**

STUNT DOG

Saturday, March 14, 2020

10 AM - 5 PM

Member: \$55 • Non-Member: \$65

Cheer on furry friends from animal rescues nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy, show. We will stop for a no host lunch prior to the show at Mt. Baker Theater in Bellingham.

JERSEY BOYS

Saturday, April 18, 2020

10 AM - 6 PM

Member: \$158 • Non-Member: \$188

Go behind the music and inside the story of the Jersey Boys. **Space is limited, must reserve your spot by December 31.**

EXTENDED TRAVEL

NEW! HERITAGE OF AMERICA

April 9 - 18, 2020

Double: \$3,779 • Single: \$4,879

Special Travel Presentation:
Thursday, September 12 | 2 PM

Highlights include New York City, Philadelphia, Gettysburg, Colonial Williamsburg, Washington D.C., and the Smithsonian Institution. This tour is 10 days and includes 13 meals!

ROME & THE AMALFI COAST

May 2 - 11, 2020

Double: \$4,499 • Single: \$5,299

Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the Colosseum, discover the ruins of Pompeii, and discover the mountaintop monastery of Montecassino! Includes ground and air transportation, lodging, and 13 meals.

MAGICAL RHINE & MOSELLE RIVER CRUISE

August 16 - 25, 2020

Double: \$5,129 • Single: \$5,829

Special Travel Presentation:
Wednesday, October 16 • 1 PM

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

SPOTLIGHT ON NEW YORK

October 15 - 19, 2020

Double: \$2,999 Single: \$3,799

Visit America's most exciting city, New York City, explore the 9/11 Memorial and Museum, experience two Broadway shows, embark on a voyage to the Lady Liberty, join a local guide for tour of New York City's time-honored landmarks, and enjoy breakfast at the famous Ellen's Stardust Diner featuring singing waitstaff on this 5 day tour. Includes air and ground transportation and five meals.



Open Monday, Tuesday, Wednesday, & Friday
11:45 a.m. - 12:30 p.m.
14594 SR 525 Langley, WA 98249
www.senior-resources.org/nutrition
360-321-1600
Join us for Lunch & Learn presentations every Tuesday @ 12:30 p.m.

a new community dining experience debuts Tuesday, October 1

@Island Senior Resources

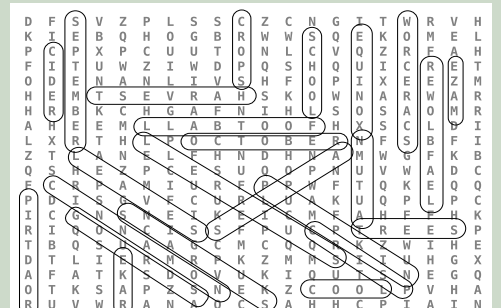
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Find the words hidden vertically, horizontally, diagonally, and backwards.

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| APPLES | OCTOBER | SCARVES |
| AUTUMN | PUMPKIN | SCHOOL |
| CIDER | RAKE | SEPTEMBER |
| CINNAMON | ROAD TRIP | SQUIRREL |
| COOL | SCARECROW | TREES |
| CRISP | | |
| CROPS | | |
| EQUINOX | | |
| FOOTBALL | | |
| GOURDS | | |
| HARVEST | | |
| LEAF BLOWER | | |
| LEAVES | | |
| MAZE | | |

ANSWERS



ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373

ISR provides transportation to/from Bayview Hall.
Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2019

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

- | | |
|-----------------|-------------|
| SWINOMISH | October 8 |
| QUIL CEDA CREEK | November 12 |
| TULALIP RESORT | December 10 |

FROM THE EXECUTIVE DIRECTOR

By Cheryn Weiser, Executive Director, Island Senior Resources

Enjoying Fall

We Islanders welcome autumn as a time to be able to get on SR 525 or Hwy 20 in less than 10 minutes from an arterial without a stop light, explore the last of the outdoor markets for apple cider, apples, and other taste treats that we associate with fall, or get that pumpkin spice latte at a local coffee shop. What do you enjoy about autumn?

Though autumn is not the beginning of a new year, it feels like an opportunity to start fresh. We emerge from the summer heat and light and the steady flow of summer visitors. Now what? How do we want to refocus our time and energy amid autumn's beauty and bounty?

Take a deep breath and think about:

- What do you need to get done before the radical shift in the weather that likely arrives in October?
- What experiences do you want to make time for ahead of the holidays e.g. excursions or connections with friends and family?
- How do you want to engage with your community? What aspects of your community do you want to explore? What are you volunteering? How can you contribute to the well-being of our community?

Each new season is an opportunity to re-focus. What will you be doing to make this autumn special for you and others you care about?

~ Beauty's Becoming - A Meditation on Gain and Loss ~

By Charles LaFond, Author, engager, ISR staff member

Our culture confuses beauty and glamor. They are different. Glamor sells, whereas beauty inspires. Britney Spears may sell but Vanessa Redgrave inspires. Glamor is flawless whereas beauty can be centered in the very flaws of a thing, of a person, of a situation, of a life. Glamor craves what might be while beauty gently nods at the wabi-sabi of what simply is. Impermanent. Imperfect. Incomplete. And yet still lovely.

Today, someone at a shop cash register dutifully asked me if I was over 55. I mean, it was their job to ask - part of their script. One gets a discount. She said it on autopilot while reaching to remove the tag. And in all fairness, I get it. I look old and tired; so, the question could not have been more appropriate. I no longer



even get the age question when buying scotch. Life has made me prematurely grey, prematurely wrinkled, prematurely-varicose-veined and prematurely immature. Until yesterday, I was not over 55. And today, the day after my birthday, I am over 55.

Being over 55 in our culture is a thing. With it comes privileges (mostly in the form of discounts, which are pleasant) and glamorous young people suddenly calling me "sir." And then today I received a letter from AARP. Hmm.

It all sent me to the mirror. The bathroom mirror with all the bright lights... not the nice living room mirror bathed as it is in the golden light of small lamps which provide just enough light to move, but not enough light ever to see the dust on tabletops and the Kai-the-dog hair in corners. At least I hope it's Kai's hair.

In the hospital-operating-room-glare of my bathroom light, I took a long look at myself.

Well, I am certainly not my glamorous young, energetic self. Luckily, my parents had me painted at 18 so at least there is an archival record of my having been, at one time, a bright, smooth, moist young tulip of a man. But these days, as I age, the blemishes offer a different message - a treasure map of sorts.

Last week at the farmers market I bought these heirloom tomatoes. A thick slice of a good tomato on a nutty bread with mayonnaise and lots of salt and cracked pepper is one of my favorite delights. Much like me these days, the last few heirloom tomatoes have a different kind of beauty to offer. Not external glamor like the pristine, uniform, pale, tasteless tomatoes at the grocery store; but rather, a loveliness which can only happen from a few knocks and scars - some wear and tear on the vine of life. Some odd bulges, dark spots, strange color-changes, and some deep wrinkles.

My favorite poet, John O'Donohue, once said "Beauty isn't at all about just niceness, loveliness. Beauty is about more rounded, substantial becoming."

Not for a moment will I romanticize aging. It has its losses. And they compound. However, if we are willing to see it, there comes with age and its wounds, a certain dignity. There comes a quiet ability to lower eyelids to half-mast and consider things in the context of a longer, larger set of life data. We may lose impetuosity, but we take on a patina of patience which the planet needs.

My home, my schedule, my friends, my body, my possessions all hold less glamor but more rustic beauty. Influential friends have given way to kind ones. Impressive meetings have given way to gentle ones. Glamorous dinners have given way to beautiful ones. Frantic days have given way to centered ones. Impressive conversations have given way to honest ones. Making imposing goblets in my pottery studio has given way to making a good, solid cup. And glamor's achieving is slowly giving way to beauty's becoming.



12 DAYS OF WHIDBEY

1 Ticket = 12 Chances to Win

Themed prize packages each day valued from \$275-\$675

Day 1 - Cook It Up in the Kitchen
Day 2 - Reader's Treasury
Day 3 - Snuggle Into Warmth
Day 4 - Spa-Dee-Dah
Day 5 - Fun on Whidbey
Day 6 - Sports in Style

Day 7 - Garden Dreaming
Day 8 - Caffeinated Whidbey
Day 9 - Let's Go on a Picnic
Day 10 - That's Italian
Day 11 - Northern Exposure
Day 12 - Oak Harbor Giving Tree

Tickets Available At

Oak Harbor Senior Center (Mon., Wed., Fri. at lunchtime in the dining room)
Bayview - Island Senior Resources, Freeland - Senior Thrift, More locations to come!

Winners will be posted online at: www.facebook.com/islandseniors

*Winner's will be notified and need not be present to win.

www.12daysofwhidbey.com

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

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

Island Senior Resources eNews!

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

HIGHLIGHTS at Island Senior Resources

END OF LIFE DISCUSSION SERIES

Compassion and Dignity Every Moment of Life by Hospice of the Northwest. Brought to you by Island Senior Resources/Aging and Disability Resources and Sno-Isle Library. Two sessions remain in this 5 part series but anyone can still join in.

Thursday, Oct. 3 & 10 • 1-3pm
Freeland Library, 5495 S Harbor Ave

Oct. 3: After Death: What are your choices for burial, cremation, and green options?

Oct. 10: Grief and Loss - How does grief manifest? Self-care, and support resources

PANCAKE BREAKFAST TO SUPPORT MEALS ON WHEELS

Saturday, Oct. 26 • 9 - 11 a.m.

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

Donations gladly accepted. Suggested donation \$7 each person

Join in a great breakfast of pancakes, scrambled eggs, sausage links, fresh fruit, juice, milk, coffee or tea. (Gluten free links and pancakes too!)

Try your luck to win a raffle basket of chocolate, pancake breakfast, coffee time or tea time (raffle tickets \$2 each)

Call 360-321-1600 or 360-678-3373 with any questions.

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Wednesdays
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Learn to better manage medications, make decisions yourself, communicate more effectively, healthy eating and adding activities to your life.

Registration required. Call 360-321-1621 to register or email Debbie Metz at debbiem@island seniorservices.org

If you know of someone doing something special for seniors, adults with disabilities, or caregivers, let us know. Email us at: feedback@island_seniorservices.org.

READY TO LEND A HAND?

Do you have four hours a week that you'd like to spend volunteering to help others? Senior Thrift in Freeland needs your help!

Be a cashier, or help with housewares, sporting goods, hardware, arts & crafts, Christmas, clothing, or seasonal items. Every item sold helps Island Senior Resources support seniors, adults with disabilities, and those who care for them. All volunteers at Senior Thrift receive 25% off their purchases.

Please stop by the store, 5518 Woodward Ave., Freeland, and pick up an application.

OCTOBER at SENIOR THRIFT

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360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

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

Saturday, Oct. 26 ~ 50% off Halloween Items

Sunday, Oct. 27 ~ 55% off Halloween Items

Tuesday, Oct. 29 ~ 60% off Halloween Items

Wednesday, Oct. 30 ~ 75% off Halloween Items

Thursday, Oct. 31 ~ Trick or Treat! 15% off your choice of 1 item

Wednesdays (except October 30) - your choice (1) item 15% off

Fridays - books 25% off

ALL OCTOBER

Blue Tags, 25% off • Green Tags, 50% off

We have gift cards available at the registers.

Gift cards are perfect gifts for the treasure hunter in your life!

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

Sla'inte Mhor! To Your Health!

Story and photo by Jessica Karpilo

Six years ago, Kathy Parks was like many older adults. She owned a restaurant for years and loved singing in her church choir. After closing the restaurant, she had too much free time on her hands. Little did she know, a strange find at a garage sale would change the course of her life.

Kathy came across a copper wash tub with a cone on top and a coil leading to a barrel. It was old, unusual, and she found it incredibly interesting. It was a moonshine still from the 1930s. Kathy decided she could learn to distill and purchased it.

She faced one roadblock after another. In post-prohibition America, distilling is highly regulated. Home distilleries are illegal, and it takes years to receive the proper permits to become a legal distillery. Kathy had no idea where to start.

A friend from choir suggested Kathy call local distiller "Zymurgy Bob," author of "Making Fine Spirits," to teach her how to use her new still. Bob agreed, but a lead test revealed the old copper still wasn't safe to use. This discovery didn't deter them though; they set to work constructing new stills.

Two years, and 2.8 lbs. of paperwork later (she actually weighed it), Kathy had her distillery.

Today, at 76 years old, Kathy Parks is the oldest female distiller in the United States. Her operation is hidden away on Cultus Bay, right by the dock. People sometimes come for tours and tastings



by boat. At Cultus Bay Distillery, each sip tells a story. For those lucky enough to know about this hidden Whidbey Island treasure, those stories are embedded in each bottle.

A tour and tasting with Kathy is unlike any other experience. Kathy's eyes light up as she darts around the 200 square foot space, each tale unfolding into the next as she demonstrates how each piece of equipment works. She lovingly describes every step, pausing just long enough to tell you to smell or taste something new. "Sla'inte Mhor! It means 'to your health! Sip it, don't shoot it. And then tell me what you taste."

Kathy takes care to use the most sustainable practices possible. The distilling process requires a large amount of water for cooling, so she's built a heat exchanger that recycles water for reuse. She also aims to buy locally. The bottles come from Seattle, labels are printed at Sound Publishing in Freeland, and the grain is grown in Skagit Valley. The mash left over after the barley is crushed and heated is eaten by sheep. Kathy hopes to one day use peat harvested from the

HEALTH continued on page 12



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VOLUNTEERISM continued from page 1

Who runs the neighborhood and condo associations? Who cleans the beaches and roadsides? Volunteers, volunteers, volunteers!

Here on Whidbey, there is no shortage of opportunity, but sometimes there is a shortage of people filling those opportunities. We are an aging community: retirees are great volunteers, but at some point, retirees age out from providing services to needing services. On our island it's up to each of us to help create a social climate of volunteerism. What would you like to do this fall?

Here's a personal inventory to help you sort your availability and interests.

1. Can you be available on a regular basis, on-call, or one-time? How many hours at a time?

If you can be available regularly, you could drive for Meals on Wheels, or spend the day at Time Together, or help out at Senior Thrift. You could tutor or mentor students in need of a little additional help. On-call, you could join beach litter pick-up teams, take folks to medical appointments, join the land trust in restoring habitat, removing invasive plants, weeding and watering. One-timers can respond to special requests and spontaneous needs.

2. What skills do you bring, or want to develop, through volunteering?

Volunteering is a way to explore our own interests. The Outdoor Classroom trains instructors for the school nature programs offered on-site. The school gardens need additional adults to help students tend the beds. If you sew or knit there is always need for blankets, hats, mittens, scarves, for piecing quilt fabric, and helping one another improve these skills. We are an island abundantly full of non-profit organizations (more than any other county in the state)! This means we are an island in need of board

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."

- Why Volunteers Live Longer According to Science
- Midlife Entrepreneurs Share the Secrets to Their Success
- Meet the Next Generation of Entrepreneurs. They're All Over 65
- As Robots Take Our Jobs, We Need Something Else. I Know What That Is!

HEALTH continued from page 10

Cultus Bay peat bog, up the road from her distillery, to produce her pot-stilled Islay-style Scottish dark whiskey.

Kathy doesn't just make whiskey; you can smell the juniper in her traditional London Dry Gin, and her award-winning vodka, Te Absolvo, tastes so good you may actually feel your sins are forgiven.

When asked how long it takes to make any of the spirits, Kathy's response is simple and succinct, "We leave it 'till it's ready."

Kathy knows she isn't what most people think of when they think, "entrepreneur," but she'll argue that making alcohol isn't a young person's game.

members! Whatever cause you want to support—senior services, animal welfare, affordable housing, Island Shakespeare, children's programs—there are boards of volunteers helping to direct these essential aspects of island life. Join a board and offer what you can—they need you.

3. Can you drive?

Some folks just love being behind the wheel. Driving is a great way to help in the community. Folks need to get to and from medical appointments. Or you could drive folks shopping who no longer drive for themselves. Island Senior Resources needs you.

4. What physical limitations do you need to take into consideration?

Be aware of your limitations and don't hurt yourself in service to volunteerism! Maybe it's not your role to haul heavy wheelbarrow loads out of a conservation project, or pull scotch broom out by the roots, but you could provide snacks and weed smaller plants.

5. What would really excite you to do?

Miss kids? There are plenty of young people to spend time with: call The Hub or other after school programs, be a reader at the library, offer crafts classes. Like to listen to generational stories? Curious about older people? There are many opportunities to engage seniors and learn from their experiences, call Island Senior Resources for suggestions.

6. Who might volunteer with you?

I know a couple who volunteer to drive weekly and then have coffee together, making volunteering into a little "date." There are book groups that clean roadsides together, and friends who work at WICA together so they can talk about the performances they've enjoyed.

Busy? Many of us are; but as autumn schedules shift into action, we can help sustain our sense of the island as a good community for all when we volunteer!