

Island Times

FORMERLY *THE GUIDE* AND *SECOND WIND*

Look for
Island Times
the LAST
Thursday of
each month
AUGUST 2017

MONTHLY NEWSLETTER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER Volume 1 • Issue 4



Sharing the Harvest

By Christina Baldwin
Board Member, Island Senior Resources

It's that time of year when people are reciting old garden jokes about locking their cars so no one puts zucchinis on the back seat! Island old-timers get nostalgic driving by the community halls remembering summers in the 1930s-40s-50s when local wives, mothers and grandmothers met and canned food together. They'd go home with jars of canned vegetables and fresh gossip about life.

Whidbey may not be agrarian in the ways it used to be, but it is a "garden of eatin'" this time of year as the island pours forth a bountiful harvest that islanders share with one another—from over the fence to farmers markets, food shelves, and food stores.

Eating local is a summer ritual, and so is helping one another save and savor this bounty as islanders have done since the

Snohomish tribe landed on Maxwellton's shores to harvest clams, and early settlers homesteaded Coupeville 150 years ago. In the late 1960s, a wave of back-to-the-landers arrived and old-time farmers helped them. Now, "Boomers" in their seventies are helping today's thirty-year olds establish the next wave of farming and marketing local food.

Growing food and feeding one another sustains community. The adage, "I store my food in my neighbor's belly," stems from knowing that food is a community asset. Shared abundance builds connection and cooperation. In summer's harvest, we share with spontaneity and delight.

A ninety-year old with a west facing deck and a row of tomato plants is the envy of the rest of my neighborhood as we try to ripen fruits on cool nights. However, she

HARVEST continued on page 12

Breaking Out On Your Own

Liz Lange, Program Coordinator, Senior Services

On a recent trip with the Oak Harbor Senior Center (The Center) to British Columbia a small group of us were sitting on the benches soaking in the sights and the good weather at the Capilano Suspension Bridge when one traveler asked another how she was so willing and able to sign up for trips and go out on her own. She herself felt that she was only comfortable venturing out when a friend would sign up, or go along with her.

The woman's response was invigorating. "If I didn't go out and do things on my own, I wouldn't be doing much of anything. Besides, I am not alone am I? I came on a bus full of nice people and now here I am sitting and chatting with you!"

The hesitant solo traveler is not alone. According to AARP 51% of people over the age of 75 live alone. While living alone doesn't inevitably lead to social isolation, it is certainly a predisposing factor. Yet another important consideration is how often we engage in social activities. Social contacts tend to decrease as we age for a variety of reasons, including retirement, the death of friends and family, or lack of mobility. Regardless of the causes of isolation, the

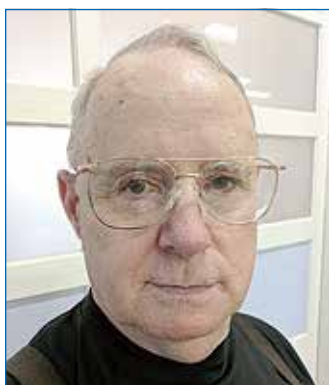


consequences can be alarming and even harmful. Even perceived social isolation – the feeling that you are lonely – is a struggle for many older people.

Pam Rinehart experienced this first hand. When she first moved to Oak Harbor she said the likelihood of her staying was very low. Because she didn't want to venture out on her own, and didn't know anyone, it was easy to sit at home and not get dressed all day. She was gifted a membership to The Center by her daughter and that changed everything. Her advice to those who are sitting at home, hesitant to venture out on their own is to just start. That first step is difficult, but once you take it, it's easier to do it again. "This (The Center) is the best place in the world to do it," said Rinehart. When asked how likely, on a scale of

ON YOUR OWN continued on page 3

QUESTION OF THE MONTH: **WHAT IS YOUR FAVORITE SUMMER ACTIVITY ON WHIDBEY ISLAND?**



Bob Jensen, 67
Oak Harbor

"It used to be fishing, but it has been years since I've gone fishing. Nowadays it's staying cool. I find a shady spot and sit where the breeze blows over me while I read a good book."



Evy Haland, 64
Langley

"Ohh, go to Ebey's Landing for a hike! Up on the bluff, too, with my kids and my grandson."



Cookie Carrothers, 75
Oak Harbor

"Crabbing with my family, making homemade ice cream and of course, BOATING!"



Pat Buechner, 82
Freeland

"I used to play with the Fun Band at the center in Bayview, but now they take summers off. I like walking the beach at Double Bluff"



Joanne Hartley, 80
Oak Harbor

"Pinochle and Bunco at the Center, gatherings at the Emblem, crabbing, crabbing, crabbing, working in the yard, gardening and keeping the deer feed."

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Business Hours:

8:30 am - 4:30 pm

Yearly Membership Dues: \$40

Send comments and suggestions
to manderson@oakharbor.org

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Selling your home and making a good first impression



By **Kathi Phillips**, Managing Broker, Re/Max Acorn Properties,
360-929-0206, kathiphillipsremax@gmail.com

If you are ready to downsize and the next step is selling your home, here are some tips to get you started from local broker, Kathi Phillips.

In today's age of consumerism, every

buyer is comparative shopping. Make a small investment in time, money and effort to give your home a solid advantage over competing properties.

Pay attention to detail now because first impressions count with buyers. You only have ONE chance and it starts with what is often referred to as "curb appeal".

Some tips to create that appeal:

- Cut your lawn, trim the hedges and shrubs.
- Move excess cars off the property.
- Make repairs and paint if needed especially the front door.
- If needed repair door locks for easy key access.
- Be sure the doorbell works too!

Inside your home:

- Clean carpets and professionally clean all your windows.

- Clean the kitchen and bathroom countertops as much as possible.
- Remove excess furniture; remember how many people are walking through your home with a Realtor, usually 3-5 guests.
- Clean out the unnecessary closets and be sure linen closets are neat and tidy.

• Declutter!

Showing Day!

- Turn on lights throughout the house.
- Be sure all the window coverings are open.
- The temperature in the home should be around 68 degrees in the fall and winter.

Leave the rest up to your Realtor!

Wishing you great success!

Join or Renew Your Membership



Annual membership with the Oak Harbor Senior Center is available for anyone 50+ years of age and is \$40 a year. The dues benefit members and provide financial help to the Center. Membership includes discount prices on travel, classes and facility rentals.

For more information, or to sign up for membership, come by the center at 51 SE Jerome Street in Oak Harbor.

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Lifetime Park Pass for Seniors Will Soon be \$80

Get a lifetime senior pass from the National Park Service before the cost goes up. Currently, any US citizen 62 or over can buy a lifetime America the Beautiful pass for \$10. The cost starting later this year will be \$80, the same cost as a standard annual pass. The pass allows entrance to more than 400 national parks. If you purchase a pass online (store.usgs.gov) or through the mail, you pay an additional \$10 fee for document processing, which you can avoid by getting the pass in person at one of the National Park Service sites listed at the same website.

Here are just a few of the National Parks nearby:

Ebey's Landing Coupeville, WA

This stunning landscape at the gateway to Puget Sound, with its rich farmland and promising seaport, lured the earliest American pioneers north of the Columbia River to Ebey's Landing. Today Ebey's Landing National Historical Reserve preserves the historical, agricultural and cultural traditions of both native and

Euro-American – while offering spectacular opportunities for recreation.

Olympic Port Angeles, WA

With its incredible range of precipitation and elevation, diversity is the hallmark of Olympic National Park. Encompassing nearly a million acres, the park protects a vast wilderness, thousands of years of human history, and several distinctly different ecosystems, including glacier-capped mountains, old-growth temperate rain forests, and over 70 miles of wild coastline. Come explore!



San Juan Island Friday Harbor, WA

San Juan Island is well known for splendid vistas, saltwater shore, quiet woodlands, orca whales and one of the last remaining native prairies in the Puget Sound/Northern Straits region. But it was also here in 1859 that the United States and Great Britain nearly went to war over possession of the island, the crisis ignited by the death of a pig.



ON YOUR OWN continued from page 1

1-10, she was to venture out to a movie, or activity on her own before joining the Center she responded a three. Now having joined the Center and gone on trips and participated in activities she reports her likeliness to venture out and try new things, even if it means going it alone, is an 8.

Another Center member, Teri Hoskens, said her tip for those who are struggling to get out on their own is to join a group or sign up for a class. "It's going to be an easy way to get to know people," said Hoskens, "and the good thing is if you

try something and don't like it, just try something else."

The sun is out, and there are plenty of opportunities for you to be too! If you are one of the many who live alone and have felt the hesitancy to get out on your own, flip through the lists of activities and events in the Island Times and pick something. Whether you decide to visit a farmers market, attend a lecture at your local library, or join a class or group at your Senior Center, you will find that the more you get out, the easier it will be, and how truly not alone you are as you meet others like you along the way!



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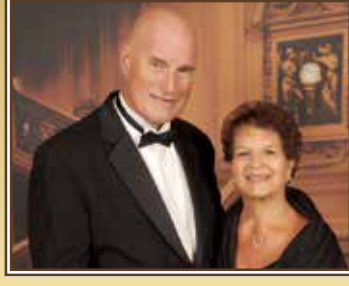
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Paul and Heidi Kuzina, Owners

Vacationing in Later Years: 6 Tips to Make You a Smarter Traveler

From The National Council on Aging Healthy Aging Team

Whether you're traveling thousands of miles a year, or taking the short occasional trip, there are risks you'll want to avoid. Here are 6 tips to ensure your next trip is fun and safe.

1. Choose a hotel that meets your needs

While most hotels can accommodate a guest's mobility, there are places that are off the beaten path or historical where updates haven't been made. Before booking a hotel, call ahead to make sure that the hotel has elevators and ask if the elevator is wheelchair accessible if you need it. If not, ask if they can accommodate a first-floor request.

2. Don't publicize your trip on social media

It's natural to want to share your excitement about an upcoming trip, but think twice before posting it on social media. There are many reported cases of people using social media to target homes when the owner announces they're going on a long trip. Facebook's default privacy setting isn't particularly private. You may think only your closest friends can see your post, but unless you have strict privacy settings enabled, anyone who is friends with your friends,

and even some people who aren't acquainted with you at all, can see your post.

3. Know the TSA rules

While you're trying to figure out where to pack your sunhat and flip flops, don't forget about your prescriptions. If you are one of the 8 in 10 older adults who takes at least one medication, always pack it in your carry-on where you can access it easily, and it can't be lost by an airline.

If your medication is a liquid and requires that you also have syringes, pumps, freezer packs, or IV bags, the TSA will allow you to carry it all on the plane. Before you pack, check the TSA's rules, so you know how to pack them.

4. Stay healthy on route to, and on, the plane

Airplane air can pose challenges. A plane cabin at high altitudes typically has 10-20% less humidity than a normal environment, which can put you at higher risk of dehydration and respiratory diseases. So, drink lots of water on the plane.

It's also good to take steps to protect your immune system, which naturally weakens with age. Pack anti-bacterial wipes in your carry-on so you can disinfect your seat, seatbelt, tray, and armrest.

5. Don't be a target for theft

Older adults are targets for theft and fraud. Whether you're traveling alone or with a group, take precautions to protect yourself both inside and outside of your hotel room.

If you're traveling internationally, consider using cash for most purchases. Credit card fraud is prevalent in tourist destinations. Unless you plan to monitor your transaction history via a mobile app, cash will reduce your risk.

Getting foreign currency is easier than ever. Check with your home bank to see if you can use your debit card to withdraw cash from ATMs at your destination. Some banks will even let you withdraw without additional fees. Plus, you may get a better conversion rate doing it this way.

If you opt for the credit card route, call

the credit card issuer before your trip to let them know where and when you're traveling. They can tell you if there is a foreign transaction fee for using your card abroad and how the conversion rate is applied to charges.

6. Keep important documents on hand

Before leaving home, make copies of your important documents, like your passport, driver's license, Medicare card, and itinerary. Pack an extra set with you and make sure that you leave copies with people you trust at home (or have access to scanned versions). If you lose your ID or it's stolen, this will make it easier to get replacements.

Now that you're equipped with these smart travel tips, enjoy your trip and make awesome new memories!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9:30 Enhance Fitness 9:30 Wii Bowling 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Dottie 2 Beg. Clogging 3 Adv. Beg. Clogging 5 Tai Chi	8:30 Yoga 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 12-4 SHIBA Counseling 1 Knitting Circle 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 3 Guitar 6 Pinochle 7 Stamp Club (2nd & 4th Tuesdays)	9 Lapidary 9:30 Enhance Fitness 11:30 LUNCH 12:30 Party Bridge 12:30 Ping Pong 2 Caregiver Support (last Wednesday) 4 Pickle Ball	8:30 Yoga 9:30 Enhance Fitness 10 Creative Writing 12:30 Cribbage 1 Intro to Story Telling 1 SVC History Class 1 Reiki Treatments 2 Caregiver Support (3rd Thursday) 7 Wire Wrap	9 Quilting 9 Tai Chi 11:30 LUNCH 12:30 Pinochle 1 Line Dance 3 Guitar 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15 Reader's Theater Rehearsal 1 Mahjong 3 Afternoon Tai Chi	8:45 Advanced Tai Chi 9 Foot Clinic 10 Beginning Tai Chi 10:30 Tune In, Tone Up 12:30 Lunch & Learn 3:30 Parkinson's sing-a-long 4:45 Yoga for 50+ August 1 10 Alzheimer's & Dementia Caregivers Support Group August 8 10 Parkinson's Support Group	9 Beginning Line Dancing 10 Mexican Dominoes 10 Line Dancing 10 Quilters 6:30 Bingo August 9 1 Getting Ready for Medicare	8:30 Men's Bridge 9 Senior Striders 10 Crafting Connection 4:45 Yoga for 50+ 6 Twilight Bridge August 10 1 Social Security Basics	9-4:30 SHIBA (State Health Insurance Benefits Advisors) 10:45 Fun Band Dancing	

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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SUMMER TRAVEL LOG

OAK HARBOR SENIOR CENTER

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

LAKE WHATCOM RAILROAD & LUNCH IN FAIRHAVEN

Thursday, August 3

8:30 AM – 5 PM

Member: \$60 • Non-Member: \$75

Sign-Up Deadline: Monday, July 31

All aboard for some fun? Join us as we make our way to the Lake Whatcom Railway in Wickersham, WA near Bellingham. We will ride the authentic full size old Northern Pacific train for a 1 ½ hour ride traveling through a tunnel, along Mirror Lake, and out into the woods. We will stop at a meadow where we can choose to have lunch on our own in any of their great restaurants: Fairhaven Pizza Co, Colophone Café, Avenue Bread & Café, Boundary Bay Brewery & Bistro, or Mallard Ice Cream & Café, just to name a few!

After lunch explore Fairhaven on your own or walk to the Bellingham Railroad Museum to see miniature model trains and learn more about the heritage, history, and operations of the railroad system. \$5 entry fee for optional museum.

Trip includes ticket for the train and bus transportation. Lunch and optional museum on your own.

GRANVILLE ISLAND (CANADA)

Wednesday, August 9

8 AM – 5:30 PM

Member: \$45 • Non-Member: \$60

***Passport/Passport ID required**

Imagine an island in the middle of a city. See? You're already curious. Now picture a place molded by a fascinating history, buzzing with a colorful artistic community. A living, breathing urban oasis filled with fine waterfront restaurants, theatres, galleries, studios, unique shops, cafes and the most spectacular fresh food market you've ever seen. This is Granville Island, Vancouver's Town Square. Grandville Island includes a public market with produce, baked goods and crafts as well as lots of eateries and art exhibits.

MARINERS GAME

Wednesday, August 16

9 AM – 6:30 PM

Member: \$90 • Non-Member: \$105

Sign-Up Deadline: Monday, July 31

Seattle Mariners vs. Baltimore Orioles, price includes ticket in section 241 row 8 or 9 seats 1-10.

THE EVERGREEN STATE FAIR

Monday, August 28

8 AM – 5 PM

Member: \$35 • Non-Member: \$50

It will be a fun filled day of food, animals, concerts, Speedway events, roving entertainment, vendors, rides and more! Rumor has it that Elvis will be making an appearance on the Courtyard Stage throughout the day. August 28th is free admission for everyone 62 and wiser. Admission if you are under 62 is \$12 and is not included in the trip cost.

DIABLO LAKE BOAT TOUR & LUNCH

Thursday, August 31, 2017

7:15 AM – 5:30 PM

Member: \$85 • Non-Member: \$95

Sign-Up Deadline: Monday, August 26

Join us on the Diablo Lake Boat Tour and Lunch. We will drive the beautiful North Cascade Highway to Newhalem. At 10:15 we will begin check in and board the new Alice Ross IV boat designed especially for tours. The cabin features a roof that is nearly all glass to allow for the best possible visibility. We will see wildlife habitat, snow-clad mountain peaks, islands, and waterfalls and listen to stories about the early explorers and settlers in the area. After the tour, we will enjoy a delicious buffet lunch consisting of soup, salad and a main course such as salmon or meatballs, and dessert. Price includes the boat tour, lunch and transportation.

TERRACOTTA WARRIORS

Friday, September 1, 2017

8 AM – 4:30 PM

Member: \$75 • Non-Member: \$95

Sign-Up Deadline: Tuesday, August 15

World premiere at Pacific Science Center, featuring real figures from the Terracotta Army and artifacts from the First Imperial Dynasty of China. Embark on an experience 2,200 years in the making to discover the scientific story of the terracotta warriors and the untouched tomb of the first Emperor. Terracotta Warriors of the First Emperor is an immersive investigation of the science behind priceless artifacts including real figures from the terracotta army and over 100 artifacts illustrating the technological advancements of the Qin Dynasty. Unearth one

of the most epic discoveries of our time and explore the mysteries buried within the untouched tomb of the First Emperor in this once-in-a-lifetime exhibition. This never-before-seen exhibition is a partnership between Pacific Science Center and The Franklin Institute in Philadelphia and will have a limited two city tour, with the World Premiere in Seattle.

The cost of the trip includes transportation, entrance to the exhibit and the IMAX documentary, Mysteries of China. Lunch is on your own.



WOODLAND PARK ZOO

Wednesday, September 6, 2017

8 AM – 5 PM

Member: \$40 • Non-Member: \$55

The Woodland Park Zoo in Seattle has a beautiful natural setting and is nationally recognized and acclaimed as being one of the best. Visit Tufani, a mother Giraffe, who was due in May-July with her first baby. (Showing at 12:30-4:00PM) See Yola, a 1 year old gorilla and her mother. And don't forget to see the Humbolt Penguin Exhibit which holds penguins from Peru in a natural setting. Let yourself be entertained by all these wonderful animals! You are welcome to bring your own picnic lunch (no lockers) or eat lunch at the Rain Forest Food Pavilion, Pacific Blue Chowder House - seafood and burgers, or from the Carts and Kiosks scattered around the zoo. Wear comfortable walking shoes. Senior tickets are \$18.95 - please pay for your own ticket upon entering. Price includes transportation. Entrance fee and lunch on your own.

CASCADE LOOP WITH OVERNIGHT IN CHELAN

Thursday, September 7

– Friday, September 8

8 AM, Thursday – 5 PM, Friday

Member: Single, \$240; Shared, \$190

Non-Member: Single, \$280; Shared, \$230

Highlights include Stevens Pass Greenway with a stop at Deception Falls, a stop for lunch and strolling the shops in Leavenworth, overnight in Chelan at the beautiful Campbell's Resort right on the waterfront and walking distance to shops downtown. The next day will include a stop in Winthrop, then up into the North Cascades to view fall foliage and some scenic stops along the way. Stop in Newhalem for a nature Stoll. Whether you've been here before, or this is your first time, you will love it! Price includes transportation and hotel stay. All meals are on your own.

CHINATOWN TOUR & LUNCH

Thursday, September 21, 2017

7:45 AM – 6 PM

Member: \$85 • Non-Member: \$100

Sign-Up Deadline:

Monday, September 11

Explore Seattle's Chinatown!

Learn what makes Chinatown unique to Seattle by uncovering how Asian

immigrants and their culture inspired the Pacific Northwest during a 90 minute walking tour.

After our morning tour, we will enjoy a family-style lunch (included in the cost). After lunch you can visit the Wing Luke museum on your own, visit the Tsue Chong Cookie factory across the street from the museum, or walk 0.3 miles to Uwajimaya.

Tour includes: 90 minute walking tour, family-style lunch, all day entrance to the Wing Luke Museum, transportation

ANDRE RIEU

Saturday, October 28, 2017

2 PM – 2 AM

Member: \$115 • Non-Member: \$130

Sign up deadline: Friday, August 11

Andre Rieu is a musical phenomenon and one of the biggest solo male touring artists in the world! Touring with his 60-piece Johann Strauss Orchestra (the largest private orchestra in the world) his concerts are filled with surprises and laughter - it's the only concert in which you can waltz in the aisles! The show includes waltzes, show tunes, movie scores and some of the world's finest soloists.

MYSTERY LUNCHES

\$20 for members \$35 for non-members

Price includes transportation, but not the cost of lunch.

Thursday, August 17

Tuesday, September 12
(extended - \$25/\$40)

CASINOS

SILVER REEF CASINO

Monday, August 14

Cost: \$27

Silver Reef is an easy drive north of Bellingham. Receive a slot credit and a nice discount for lunch at your choice of eateries. A very fun casino to visit.

QUIL CEDA CASINO & TULALIP OUTLET MALL

Monday, September 11

Cost: \$27

Receive a fun book loaded with special offers. Possible discount on lunch also, so sign up today!

NEW THIS SUMMER: MYSTERY ADVENTURES

These half day adventures will start Saturday morning and end with a boxed lunch (included). You will be given the general guidelines of what to bring, and a choice for lunch. The rest will be a surprise!

MYSTERY ADVENTURE BY WATER

Saturday, August 12

8 AM – 12:30 PM

Member: \$65 • Non-Member: \$80

Wear shoes/sandals that can get wet, bring an extra pair of clothes, sunscreen, sunglasses and a water bottle.

MYSTERY ADVENTURE BY AIR

Saturday, September 16

8 AM – 1:30 PM

Member: \$150 • Non-Member: \$165

There is a fair amount of walking involved

CASCADE LOOP
Overnight in Chelan

Thursday, September 7th - Friday, September 8th

Deception Falls in Stevens Pass, Lunch & Shops in Leavenworth, Overnight at Campbells Resort on Lake Chelan, Winthrop, Fall Foliage & Nature Walk in North Cascades

Member Rate: Single/\$240 Double/\$190
Non-Member Rate: Single/\$280 Double/\$230
Oak Harbor Senior Center Membership 50+ older is \$40/year
Rate includes transportation & hotel. Meals are not included.

Register for the trip at the OHSC - 51 SE Jerome St. Oak Harbor - 279.4580

SUMMER TRAVEL LOG

with an elevation gain less than 100ft. Wear sturdy walking shoes and sun-screen, and don't forget your sunglasses, water bottle and camera!

EXTENDED TRAVEL OPPORTUNITIES

HERITAGE OF AMERICA APRIL 20-29, 2018

**Trip Presentation:
Tuesday, September 12, 10:30 AM**

Relive the birth of the United States during this 10 day trip from New York City to Washington D.C., with stays in Philadelphia, Charlottesville and Colonial Williamsburg. More information to come.

Double: \$3,549 • Single: \$4,649

Includes roundtrip air from Seattle, lodging, hotel transfers and 14 meals.

SPAIN'S' CLASSIC OCTOBER 2018

Immerse yourself in a colorful pageant of art, history and culture on an 11-day experience in Madrid, Seville, Valencia and Barcelona. Informational presentation in February 2018.

ISLAND SENIOR RESOURCES

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

SAM, PIKE PLACE, AND PIONEER SQUARE

Monday, August 7

Leave from Mukilteo at 8 AM
Leave from Bayview Hall at 6:50 AM
Return Mukilteo 4:30 PM
Member: \$50 • Non-member: \$55
(no host lunch)

Join us to visit downtown Seattle landmarks and enjoy art, shopping and food.

SEATTLE UNDERGROUND AND SMITH TOWER

Tuesday, August 15

Leave from Mukilteo at 8 AM
Leave from Bayview Hall at 6:50 AM
Return Mukilteo 4:30 PM
Member: \$85 • Non-member: \$90
(no host lunch)

Seattle Underground guided tour and historic 1914 Smith Tower and Observation Deck.

Wear comfortable, weather appropriate clothing and walking shoes.

HOPPING AND HOOFING AROUND SNOHOMISH COUNTY

Wednesday, August 30

Leave from Mukilteo at 8:30 AM
Leave from Bayview Hall at 7:20 AM
Return Mukilteo 4:30 PM
Member: \$60 • Non-member: \$65
(no host lunch)

The Outback Kangaroo Farm - including kangaroos, ostriches, lemurs and more.

Rhodes River Ranch - observe champion horses in the arena.

Marysville - visit Cabela's Store, Tulalip Casino or Premium Outlet Stores.

Wear comfortable, weather appropriate clothing and walking shoes.

MICROSOFT TOUR AND OLD BELLEVUE

Monday, September 11

Leave from Mukilteo at 8:30 AM
Leave from Bayview Hall at 7:20 AM
Return Mukilteo 4:30 PM
Member: \$50 • Non-member: \$55
(no host lunch)

Visit the Microsoft Visitor Center in Redmond. We'll explore hands-on exhibits featuring some of the company's most exciting technologies for home and business, and then visit the Microsoft store. Next is a visit to Old Bellevue and historic Main Street with cafes, chocolate shops, home-décor, and fashion boutiques. Bring money for food and purchases. Wear comfortable, weather appropriate clothing and walking shoes.

WOODLAND PARK ZOO

Wednesday, September 27

Leave Mukilteo at 8 AM
Leave Bayview Hall at 6:50 AM
Return Mukilteo at 4:30 PM
Member: \$50 • Non-member: \$55
(no host lunch)

Lions and tigers and roses oh my! Arrive early and see all the amazing furry and feathered friends including baby gorilla, Zola, and the baby giraffe born June 20. Take in all the wonderful exhibits including The African Savanna, Humboldt Penguins, The Northern Trail, Tropical Asia and more. Next explore the Fremont District. Bring money for food and purchases. Wear comfortable, weather appropriate clothing and walking shoes.

WOLF HAVEN INTERNATIONAL AND SANDSTONE DISTILLERY

Saturday, September 30

Leave Mukilteo 9 AM
Leave Bayview Hall 7:50 AM
Return Mukilteo 6 PM
Member: \$65 • Non-member: \$70
(no host lunch)

Wolf Haven International (just south of East Olympia) has rescued and provided a lifetime home for 200 displaced, captive-born wolves since 1982. A guided 50-minute walking tour will hopefully spot several wolves in their natural habitat. Then, visit Tenino and on to the award-winning Sandstone Distillery for a private tour and tasting. One last stop will be Black Bear Frozen Yogurt for a treat. Bring money for food and purchases. Wear comfortable, weather appropriate clothing and walking shoes.

CASINO TRIPS

QUIL CEDA CREEK

Tuesday, August 8

SWINOMISH

Tuesday, September 12

SNOQUALMIE

Tuesday, October 10

All casino trips depart/return from Bayview Community Hall Parking lot.

Depart 9 AM • Return 4:30 PM
Member: \$35 • Non-member: \$45

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 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, Langley, 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

MENU - AUGUST

WEEK 1

Tues	1	Salad Bar w/Variety of Vegetables
Wed	2	Spinach Lasagna w/Marinara
Thurs	3	Chef's Choice
Fri	4	Chef's Salad w/Turkey,Ham,Egg

WEEK 2

Mon	7	Orange Chicken & Fried Rice
Tues	8	Supreme Pizza
Wed	9	Crispy Fish & Chips
Thurs	10	Chef's Choice
Fri	11	Southern Oven Baked Chicken

WEEK 3

Mon	14	Four Cheese Ziti Bake
Tues	15	Club Sandwich w/Turkey, Ham, Cheese
Wed	16	Beef Satay w/Peanut Sauce
Thurs	17	Chef's Choice
Fri	18	Hawaiian Chicken w/Sauce

WEEK 4

Mon	21	Tortilla Soup & Southwest Slaw
Tues	22	Salad Bar w/Variety of Vegetables
Wed	23	Mandarin Orange Chicken Salad
Thurs	24	Chef's Choice
Fri	25	Teriyaki Meatballs w/Rice

WEEK 5

Mon	28	French Dip w/Au Jus
Tues	29	Best Rueben Sandwich
Wed	30	Garlic Rosemary Chicken Breast
Thurs	31	Chef's Choice

Join us for LUNCH & LEARN



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

OAK HARBOR SENIOR CENTER • 11:30 AM

Bring your lunch to this FREE program.

Date Topic and Presenter

Aug. 22 *Mission of the Help House*
North Whidbey Help House Executive Director Jean Wieman
The mission of the Help House is to provide assistance to those in need in our community in an impartial and dignified manner.

Sept. 26 *Fall Prevention with Walking Poles*
Dawna Giem, Doctor of Physical Therapy

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

Lunch (optional) will be served 11:30 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

Aug. 1 *The Hidden Treasures of Island Beach Access*
Mike McVay, Island Beach Access
Explore little known options for beach access.

Aug. 8 *Stay Safe with Puget Sound Energy*
Walt Blackford, Community Services Manager
Electric and gas safety, back-up generator basics, energy efficiency programs and more.

Aug. 15 *Internet for Dummies*
Skye Dunn, Communications Manager, ISR
How to 'search' online, email vs. messaging vs. texting, how to make your web-browsing safer, and virus/malware protection.

Aug. 22 *Saving Money by Using Technology - What are my choices?*
Skye Dunn, Communications Manager, ISR
Topics will include streaming video, a comparison of different media/movie/tv applications and devices, eliminating long distance phone charges, and online shopping options.

Aug. 29 *Our Resource-filled Sno-Isle Library System*
Diana Carter, Freeland Library
Mining for the plethora of resources available through the library.

AT THE COUPEVILLE HUB • WEDNESDAYS, 1 PM

All activities begin at 1 pm Wednesdays at the Coupeville United Methodist Church 608 N. Main Street. Lunch is served at noon. Contact Glenda Cantrell, 360-720-2955 or Glenda@islandseniorservices.org

Date Topic and Presenter

Aug. 2 *BINGO!*
Come play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.

Aug. 9 *Financial tips and reverse mortgages*
Presented by Fulton Financial

Aug. 16 *Bank Fraud*
Anne Bobinac, Heritage Bank, will speak about bank fraud and other scams.

Aug. 23 *Skin Screening*
Family Dermatology will do individual skin screenings on site. Wear comfortable clothing. First come, first serve.

Aug. 30 *Breakthroughs in Eye Care*
Dr. Johnson, Island Eye Care will discuss the newest eye procedures, including no eye-drop cataract surgery.



Time Together Adds Meaning in Langley & Oak Harbor

By Mel Watson

Time Together Program Director, Island Senior Resources

Time Together, Island Senior Resources' adult day program, provides respite (relief support) to families and caregivers of adults who need 24-hour care, or for older adults who would benefit from the social interaction that adult day programs provide.

Time Together is located at Island Senior Resources in Bayview, and at the Oak Harbor Senior Center modular building in Oak Harbor. Both Time Together programs serve individuals with dementia, stroke, Alzheimer's, heart disease, Parkinson's, MS, developmental disabilities, brain injury and many other chronic, or debilitating conditions.

These are unique programs, serving a vulnerable group within our community. The program is focused on social enrich-

**TIME
TOGETHER**
ADULT DAY PROGRAM

ment and meaningful engagement in a group setting. Conversation, music and art therapy, exercise, dance, poetry, horticultural therapy, and more bring joy into each day.

The staff at Time Together are highly trained on the Gems® Positive Approach to Care model and are dedicated to creating a space where each participant can experience fulfillment and support.

Both locations offer a sliding scale fee structure to make the program affordable to everyone.

For more information contact Mel Watson, Time Together Program Director at (360) 321-1623.

"Huge praises and thanks to the Time Together program at Island Senior Resources! Not only do you have a magnificent and thoughtful staff, but you go the extra mile in treating each individual (with different needs) in a most caring, compassionate and respectful manner. My husband loves going to 'class.' I see absolute joy on his face, when I come in early to pick him up. Those times at the Time Together are his happiest. He feels empowered and stimulated by the diverse and fun program offered. Thank you wonderful Mel and the amazing staff and volunteers. You have given my husband a safe place to enjoy doing the things he loves!"

– Time Together family member



Welcome to CamBey!

- 50 pet-friendly* apartment homes for low income seniors and disabled adults

- Secured entry
- Congregate lunch four days per week

- Indoor mailboxes

- On-site laundry facilities

- Across from WhidbeyHealth Medical Center and on the bus line

Call
360-321-1600 or
360-678-3373
to schedule your
personal tour
*some restrictions apply



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HOW TO REACH ISLAND SENIOR RESOURCES

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

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

CamBey Apartments

50 N Main St
Coupeville, WA 98239

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

Wendy Gilbert: President
Cynthia Trowbridge: Vice President
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Karen Cowgill: Secretary

Christina Baldwin
Leo Baldwin
Vickie Hagley
Julie Joselyn
Tia Reese
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Bill Wells

Executive Director: Cheryn Weiser

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).

From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

We live on an extraordinary island! And, sharing the harvest is a ritual at my home, too. Although my veggie garden was planted a little late this year, it isn't the first time I've been late and I know I can trust that there will be bounty until the first strong frost or after too much rain, whichever comes first.

There is nothing like being able to go out my back door only steps away to gather fresh salad greens, beans, squash, peas, beets, cucumbers, carrots, and more, with a perimeter of sunflowers and nasturtiums to add an array of color. Some of my veggies end up in Seattle with a daughter and son-in-law while others will be offered to neighbors, relatives and staff at Island Senior Resources.

It's also a great time of year to enjoy the ritual of going to our local Farmer's Markets for fresh veggies and fruit, homemade treats and goods or just to bump into friends and neighbors.

Whether you go to Bayview, Oak Harbor, Coupeville, Tilth or Langley, the plethora of local produce and homemade items is an inspiration and helps each of us know why we live here.

Another local resource you should know about related to natural resources is our Whidbey Conservation District. We've recently had one of the Conservation District staff provide one-hour educational sessions, at our Lunch & Learns in Coupeville and Bayview, on local edibles and home gardening. Check out their website at: www.whidbeycd.org for information about local agriculture, water conservation (e.g. rain gardens) and much more.

So, soak up the sun and soft sea air that abounds in the summer. Eat fresh fruit and veggies. Enjoy friends and family members that swell in number amid the bounty. Take a few deep breaths before the long days shorten and the gray skies return. I live in gratitude each day I live on the island!

Senior Tuesday is for Everyone!

Something new is happening across our island that helps you, helps local businesses, and helps seniors. What is it? Senior Tuesday!

Every time you shop on Senior Tuesday at a participating merchant you will be making a difference in the lives of seniors. When you shop with them on Tuesdays you'll get a discount, no matter what age you are! Participating merchants will donate a portion of their proceeds from Senior Tuesdays to Island Senior Resources to support programs and resources for seniors throughout Island County.

The more merchants that join, the greater the benefit: businesses prosper, you save, and seniors thrive! What can

you do? Tell your friends to shop on Tuesdays and support Senior Tuesday merchants. When you shop, ask every local retailer you shop with if they have joined Senior Tuesday. If they haven't joined yet, ask them to contact Island Senior Resources to learn about Senior Tuesday (our Prosperity Partners program).

Prosperity Partners will be listed on the Island Senior Resources website, in social media, and each month in *ISLAND TIMES*.

Call Island Senior Resources at 360-321-1600 (ext. 0) or 360-678-3373 (ext 0) for more information, or, if you want your business to participate, call 360-331-5709.

CELEBRATE SENIORS!

Monday, August 21 is SENIOR CITIZENS DAY

Do something special for a senior you know:

- Invite them to a meal
- Drive them on an errand
- Take them to a park for a stroll
- Take their recycling
- Read them a story
- Fix their porch railing
- Send them a card to say hello

Help them, be with them, appreciate them!



IT'S TIME TO Blossom!

SUMMER HILL nurtures your growth!



SUMMER HILL Senior Living

www.summerhill-assistedliving.com
165 SW 6th Ave • Oak Harbor
360-679-1400




Summer Sale

July 1 thru Aug 31, 2017

Receive **15% OFF** a Complete Set of Prescription Frames & Lenses and **30% OFF** a second Complete Set

Excludes insurance and discounted eyewear



Whidbey Vision Care Inc

Freeland 1690 Main Street Ste 103 360.331.8424	Oak Harbor 380 SE Barrington Drive 360.675.2235
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SENIORS' INSURANCE SERVICES

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- Turning 65? Have employees who are retiring?
- No-cost assistance transitioning to MEDICARE.
- Ongoing claims support, too!
- *Call us today.*



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1040 SW Kimball Drive
Oak Harbor
360-279-0933

www.regencywhidbey.com



MEDICARE WORKSHOPS

Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Attend a free seminar presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. Free. No pre-registration required.

Information will be provided about "basic" Medicare benefits as well as options for additional insurance(s). Medicare parts A and B will be discussed and also the differences between "Medigap" (supplemental) insurance and the various Advantage plans available on Whidbey Island. We will review benefits and rates.

Information about prescription drug plans will be included. If you want help with your drug plan, bring a detailed list of your drugs.

Island Senior Resources (Bayview)

14594 SR 525, Langley, WA 98260 • For information call: 360-321-1600 ext 0

Wednesday, August 9, 1 PM

Thursday, September 7, 1 PM

Counselors will be available to answer brief questions following the seminar.

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.

Learn the Basics of Social Security

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

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

Island Senior Resources (Bayview)

14595 SR 525, Langley, WA 98260

Thursday, August 10, 1 PM

SUPPORT MEALS ON WHEELS

Donate \$5 at Senior Thrift or Island Senior Resources (Bayview) and receive an "I support Meals on Wheels" button.

Your \$5 will pay for one meal for a senior.



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August Specials at Senior Thrift

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Every Saturday & Sunday in August

50% off "Summer Clothes" (adult and kids sleeveless & short sleeve shirts & dresses, shorts & capri's)

Every Monday in August

Your choice of ONE (1) item at 25% off

August 30-31

All "White Tagged" clothing \$1

DAILY SPECIALS WILL BE POSTED IN THE STORE!

SENIOR THRIFT COUPON

Buy ONE item at \$10 or more, get an additional item at 50% off

(of equal or lesser value, up to \$100)

Cannot be used with any other discount.

Expiration: September 30, 2017

Island Senior Resources is YOUR Place

How Can You Help?

Are you looking for new ways to stay active, meet new people, and help others at the same time?

There are so many different ways to volunteer at Island Senior Resources.

- Do you like to drive?
Take others to medical appointments. (mileage is reimbursed)
- Do you like to help feed those who can't get out to shop?
Join our fleet of Meals on Wheels Deliverers.
- Do you like to treasure hunt?
Sort donations at Senior Thrift and fill our shelves.
- Do you like to brighten the day of seniors with a smile, a paintbrush, or a song?
Make smiles at Time Together Adult Day in Bayview and Oak Harbor.
- Do you like to lead?
Our Board of Directors needs a few new members, especially from the north end of the island.

Whatever your interests are, we have hundreds of different tasks you can help with that will connect you to others in a meaningful way. If you need training, we'll train you!



We depend on our dedicated team of volunteers to help us deliver all we do for seniors, adults with disabilities, families, and caregivers. These are troubling times and with funding uncertainties your help will make the difference and help assure we will continue to be here for you, your friends, family and neighbors, when you need us.

We offer a 25% discount at Senior Thrift to all volunteers.

Please call us at (360) 321-1600 or (360) 678-3373 for more information

Volunteers are needed for:

Medical Transportation

Drivers for appointments, errands & shopping

Outreach and Fundraising

Event planning

Video Production

Still Photography

Fliers and Island Times distribution

Administration

Receptionists

Lunch and Learn support

"Paperwork"

Nutrition

Meals on Wheels drivers

Meal Site helpers or coordinators

Meal Site Greeters

Family Caregiver Support

"Powerful Tools for Caregivers" facilitators

SHIBA

Medicare advisors

Time Together

Assist in both Bayview and Oak Harbor

There's No Place Like Home...

By Robin Bush, Outreach Manager, Island Senior Resources

Natural spaces abound on Whidbey Island. Summer is a special time here and there's truly no place like home. The rainclouds part (OK, mostly), the sky is blue (most days), it's warm (comparatively), the birds sing (at 4am!), everything is growing (nettles make great tea), beaches are not crowded (by city standards), and everyone is smiling (what's to frown about?). People come from all over the world to experience what we have in our "backyard." It's not to be missed.

There is no reason to let circumstances prevent you from enjoying the outdoors on Whidbey Island. If you need a space for a stroller for a grandchild, or an easy path for injury recovery or to start an exercise routine, we have those. For those more adventurous souls wanting strenuous hikes or paths for long distance runs, we have those places too.

- Do you think it's too hard to get outside?
Ask a friend to drive and pick easy places to park and walk.
- Do you think it's too expensive?
Choose one of many no-fee natural areas.
- Do you think it's too far to go?
It's not. There is a park or beach every few blocks in each town, and only a few miles from any spot on the island.

DID YOU KNOW...

Whidbey Island has 24 local parks, 6 state parks, nearly 50 public beaches, several public gardens, and numerous beautiful mini-parks dotted throughout our towns. These provide a variety of experiences from lovely spots for a picnic, gentle (or challenging) walks, or spaces to sit and enjoy the fresh ocean breeze or forest solitude.

Take a friend and get outside, rain or shine (getting a bit damp is not a problem... we're made of tough stock here on the island!)

For those looking for ADA accessible trails, there is a beautiful flat forest trail at Trustland Trails just off Highway 525 on Craw Road near Bayview in south Whidbey and 1.5 miles of paved trails at Deception Pass State Park.

See our website www.senior-resources.org/weblinks for links to park, beach and garden websites, trail maps, access information and more.

Enjoy summer!

WEB LINKS TO INFORM & INSPIRE...

When you have a few quiet moments, visit www.senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration that will help you navigate today and tomorrow. Each month we will add new resources, so keep checking back.

This month you will find:

- Island County trail maps
- Trust Land trails map
- Public Beaches on Whidbey Island
- Meerkerk Gardens and Forest Preserve
- Earth Sanctuary nature reserve
- All about South and North Whidbey Parks:
 - Deception Pass State Park
 - ADA trails at Deception Pass
 - Joseph Whidbey State Park
 - Douala State Park
 - Fort Ebey State Park
 - Fort Casey State Park
 - Greenbank Farm trails
 - South Whidbey State park

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HARVEST continued from page 1

can't eat all her tomatoes and I can't eat all my green beans so we trade.

Another neighbor who loves the art of gardening offers fresh produce on a cart as a gesture of goodwill and friendliness.

A Greenbank grandmother is determined that this generation of island children knows what vine-ripened fruits and vegetables taste like, and invites them into her garden for flavor bursts.

Up the road, folks co-harvest fruit trees. One household runs a food dryer in their garage—everyone chips in to prepare, bag, and divide the dried goods, and pay for electricity.

Gardening is a great intergenerational activity, and the generations need one another. Freeland resident, Terra Anderson, gardens with a long view. "I intentionally grow more than my husband and I need. We have a family member that comes up from Seattle for two weeks at the end of summer to can and dry food. My harvest makes a difference in how well they eat in the coming months. I take food to church and set it in a basket by the door. And what goes to seed or spoils is composted or offered to animals and wildlife. Gardening is a huge recycling process. I am working to increase soil fertility for the next generation. In twenty years, this soil will support a younger farming family. The soil is my garden legacy."

Another multigenerational experience is occurring at Good Cheer Food Bank. Karen Korbelik, Food Bank Manager, stresses the importance of community and food. Inside the food bank staff,

volunteers, and clients of all ages share knowledge and excitement about trying new foods and recipes. In front of the Food Bank is a teaching garden where volunteers help, learn, and enjoy a delicious lunch provided by the Food Bank. Lissa Firor, Produce Manager and Camille Green, Garden Manager coordinate volunteers to help in the garden, package the freshly harvested produce from the Good Cheer Garden and the Big ACRE, as well as process food that is poor quality to prevent food waste.

Good Cheer also receives gleaned fruit and organizes a volunteer gleaning program called "The Gleeeful Gleaners." With instruction, people can safely harvest fruit trees and share this bounty. If you'd like to join in on the gleaning fun over the summer harvest season by becoming a volunteer or donating fruit, find more information at goodcheer.org/gleaning.

At Island Senior Resources, Debbie Metz, Nutrition Director, also credits local gardeners with providing support to their meal programs, both at collective meal sites and Meals on Wheels. She says, "The Lord's Garden in Oak Harbor, a project of multiple church groups, brings beautiful, high quality produce to the north end kitchen that we use in our menus. And, The Knights of Columbus bring us potatoes—you know how people love mashed potatoes and gravy!"

Food is conversation. The island speaks to us by growing edible delights. We islanders, with our hands in the dirt, or filling our baskets at the farmers markets that stretch from Oak Harbor to Clinton, are in this conversation as we grow, prepare, and share.

SOUTH END

Island Senior Resources
14594 SR 525, Langley, WA 98260
Contact: Mel Watson, 360-321-1623

Alzheimer's & Dementia Caregivers Support Group
NO MEETING JULY 4
1st Tuesday of the Month,
10 AM – 12 noon
Alder Room.

Parkinson's Support Group
Every 2nd Tuesday of the Month, 10 – 11:30 AM, Alder Room.

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

Oak Harbor Caregiver Support Group 1
3rd Thursday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-279-0933


Oak Harbor Caregiver Support Group 2
Last Wednesday of the month, 2 – 3:30 PM.
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-279-0933

Parkinson's Support Group
1st Friday of the month. 1 PM
Cherry Hill Club House, 549 NW 12th Loop, Oak Harbor, WA 98277
Contact: Carolyn Hansen, 360-279-1785

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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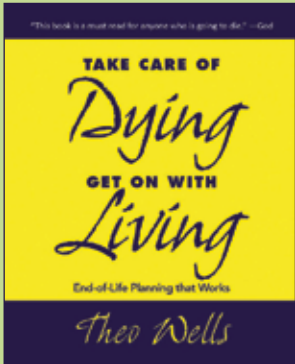


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