

# Island Times

FORMERLY *THE GUIDE* AND *SECOND WIND*

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

MONTHLY NEWSLETTER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 1 • Issue 9



Come to the OHSC  
to pickup a puzzle for  
National Puzzle Day!

## When Opportunity Knocks—Will You Answer?

By Christina Baldwin  
Board Member, Island Senior Resources

"Knock, knock."  
"Who's there?"  
"Baby."  
"Baby who?"  
"Baby New Year!"

Yup, it's that time again. The holidays are over, and the images of Father Time trading places with Baby New Year are flitting across television screens and newspaper ads for end of the year/New Year sales. There are many things we are culturally programmed to consider as the calendar changes. Folks make resolutions and set intentions, go on a diet, or a vacation. The New Year can also be a time of regrets about what we did or did not do, or opportunities we missed in the twelve months passed. That's why the Greek god Janus (for which this month is obviously named) had two faces: one looking back and one looking forward.

In 2018, the theme for these articles is OPPORTUNITY. Cambridge Dictionary defines opportunity as: *an occasion or situation which makes it possible to do something that you want to do or have to do, or the possibility of doing something.* What that means, I think, is opportunity notices the choices in front us, and stepping into what we want in the way of saying "yes."

Even though some of us may relate more to the image of "Father/Mother Time,"



than to "Baby New Year," as long as we are creative and engaged, opportunities can continue to enrich our lives. In the spirit of Janus (looking back and looking forward) here are some suggestions for beginning the year.

**Step 1:**  
**What was on your list last year that you want to roll over into this year? No regrets, just recommit.**

Last year our neighbor wanted to submit a quilt he'd done to Island County Fair. Life intervened with health issues and family commitments and he didn't get it done in time. This year, he's continuing to sew. "Sew now, then when the summer comes, I'm done!" he says. "I've got some quiet time in the winter and I'm going to finish it early, hang it on the wall and enjoy it myself for a while."

## Welcome to 2018!

# The Bizarre and Unique Holidays of January

By Barry Wenaas  
Program Assistant, Oak Harbor Senior Center

Welcome to 2018—Let's start the year with Bizarre and Unique Holidays for the month of January. When looking up the Holidays for January, I found at least one per day and some had 2-4 events per day—all 30 days.

January 1st you have National Hangover Day, whether you drink or not, just look at it as a hangover from 2016! January 1st is also better known as New Year's Day, but on Jan 3rd, there is Festival of Sleep Day. It is the opportunity to sleep in, doze, nap and catch 40 winks. It is felt

that it is a perfect day for the Festival—the Holidays are over, WOW! Weren't they exhausting!

Then on January 4th we have National Spaghetti Day. Grab a bowl, fill with spaghetti, top with a generous helping of your favorite sauce, add meatballs and parmesan cheese and dig in. Did you know that Americans consume about 20 pounds of pasta per person per year?

Now for all you Ladies—we have Male

**JANUARY** continued on page 12

**NEW YEAR** continued on page 3

## QUESTION OF THE MONTH: WHAT IS YOUR NEW YEAR'S RESOLUTION?



**Linda Osier, 69**

Oak Harbor

"My resolution is to not make New Year's Resolutions."



**Leanne Hoover, 88**

Langley

"To help everyone I can and spread joy."



**Mary Jo Morris, 74**

Oak Harbor

"To get back into my physical fitness routine."



**Jack Mathisen, 57**

Coupeville

"I'm going to exercise more. I do a lot of walking."



**Jean Mathisen, 70**

Freeland

"To competently assist Oak Harbor residents with Medicare issues as a SHIBA volunteer."

Island Senior Resources  
14594 SR 525  
Langley, WA 98260

NONPROFIT ORG  
U.S. POSTAGE  
**PAID**  
LANGLEY, WA  
PERMIT NO. 50



# From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Our capacity as humans to make lemons out of lemonade is one of the great adaptive skills that fuels survival for all species. Recently at Senior Thrift in Freeland, we received a huge lemon in the form of the fire that happened July 23, 2017. Volunteers and staff were particularly thrust into a set of unfamiliar circumstances that called upon each of us to find ways to see the crisis as an opportunity. The Chinese character for crisis is translated as dangerous opportunity. We embraced that definition.

What allowed all of us to move ahead and find opportunity in the crisis was the devotion of our community in the form of donations, volunteer support, and a great sense of "team." Everyone that was called upon to work with us in the restoration of Senior Thrift held the vision of the store re-opening on

November 24, Black Friday. And, the power of vision, community, dedication, and caring made it happen.

As we age, we are frequently tested in our ability to find opportunity in the often new and difficult circumstances that we face. We must reach deeply inside ourselves to find the right ingredients that allow us to turn difficult circumstances into opportunities. Connections with others, our own sense of resilience, and our ability to see the glass as half full instead of half empty make all the difference as we journey through our older years.

As we enter 2018, I wish each of you that sense of resilience that allows you to find the opportunity in small and large ways. May you turn lemons into lemonade!

*"Great opportunities to help others seldom come, but small ones surround us daily." – Sally Koch*

## What's On Your Teacup List?

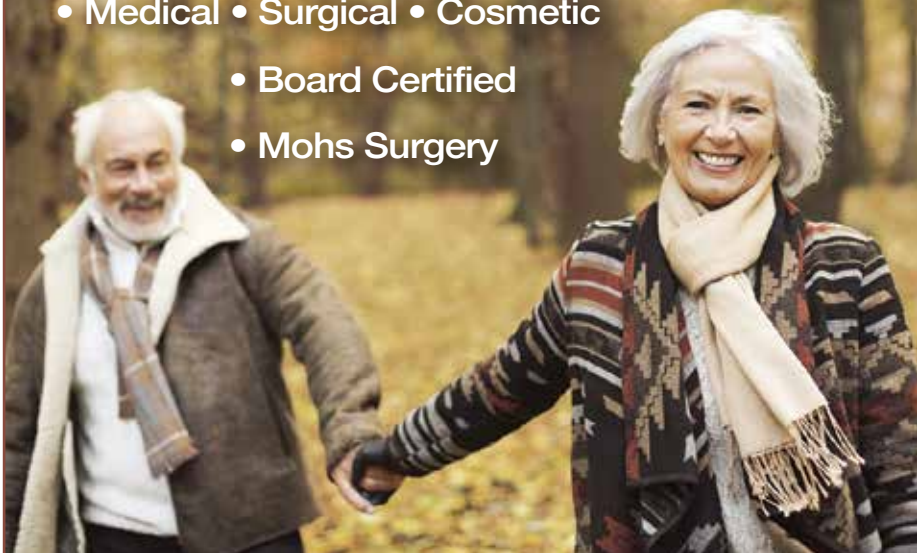
We've all heard of making a "bucket list" of things we want to do in our lifetime. But have you made a teacup list? A WHAT? A teacup list! No, it's not a list of tiny animals that fit in a teacup, or an inventory of delicate porcelain teacups from Grandma. It's a list of the tiny things that you can do, each day to make a difference in your life and the lives of those around you, by trying something new, going somewhere you've never been, or making that opportunity possible for someone you might not even know. So drink in the new; fill up your teacup list, and see how many of these tiny opportunities you can enjoy in the months ahead. Little things really do matter.



## ROSARIO SKIN CLINIC

### Your Dermatology Specialists

- Medical • Surgical • Cosmetic
- Board Certified
- Mohs Surgery



**(360) 336-3026**

AMBER FOWLER, MD

LAURIE JACOBSON, MD

RANDY BANKS, PA-C

CaSONDRA WEBB, PA-C

LYNDSEY SWITZER, PA-C

5 NE 4th Street • Suite B • Coupeville

3110 Commercial Ave • Suite 105 • Anacortes

1600 Continental Place • Suite 101 • Mt. Vernon

3614 Meridian Street • Suite 200 • Bellingham

**www.RosarioSkinClinic.com**

*Happy  
New Year from  
Your Friends at  
Summer Hill*



**SUMMER  
HILL**

Senior Living

www.summerhill-assistedliving.com

165 SW 6th Ave • Oak Harbor

360-679-1400



## 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

Christine Schacker: Interim Treasurer

Karen Cowgill: Secretary

Christina Baldwin

Leo Baldwin

Vickie Hagley

Julie Joselyn

June Nailon

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.



**NEW YEAR** continued from page 1

**Step 2:**  
Is there something you've been saying you want to do, but keep putting off because realistically it seems too big to tackle? Readjust and reclaim.

I've been meaning to clean out that layer of household goods that I'm no longer using—eyeing the clutter in my closets and the storeroom of our home office. Just as I was gathering momentum, the Senior Thrift store in Freeland had a fire and closed. Then, I was traveling mid-fall and missed the window of opportunity when the store was accepting goods to restock inventory. Well, it's open now, accepting donations again, and I'm ready to reclaim this task! I've had several months to mentally assess my plan and the master bedroom closet better watch out— here I come.

**Step 3:**  
Is there something you've wanted to

explore? Just say yes and try it!

My friend MK is an inspiration. When her career ended early due to disabling chronic health illnesses, she moved to Whidbey and took a Forest Stewardship certification to preserve the woods around their home. Then she took guitar lessons and song writing courses, and now she's taken up boxing to build her core strength and balance. "Learning is a survival skill," she says. "I feel better when I'm learning something new and I've been very lucky in finding gifted teachers. Whidbey's a great place for that."

**Step 4:**  
What is one opportunity in the next thirty days that you don't want to miss? Get ready, step up, and meet the moment.

Preparation is often essential to our readiness to try something new. Before my grandchildren come to visit again this summer, I want to be able to ride my

bicycle to Freeland so that I can join our grandson in jaunts to town for his favorite chocolate donuts. The hills up Bush Point Road are steep in both directions.

First, I have to dust off the bike, get it out of the garden shed, fill the tires, and make sure I have working flasher lights, a helmet, and a safety vest. Then, I need to start building up my leg muscles and cardiovascular capacity. January will be pedaling around the neighborhood, then up to the State Park and back. February will be trying the monster rollercoaster hill heading toward the Mutiny Bay Road intersection. (Yes, I give myself permission to walk it the first few times.) I know it will be work. I know I'll never catch up to my grandson going uphill or down, but experiencing renewed freedom and strength is an opportunity I don't want to miss, even in my seventies.

2018 is here. Let's all embrace opportunity, welcome the new, and amaze ourselves!

**WEB LINKS TO INFORM & INSPIRE...**

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

This month you will find:

- Ways for seniors and retirees to make extra money
- Volunteer abroad opportunities for seniors and retirees
- Have you ever thought about taking a gap year?
- Explore employment/volunteer opportunities in amazing places around the world.



**Special Presentation: Fading Memory, Fading Eyesight**

Island Senior Resources Family Caregiver Support Program is hosting "Fading Memory, Fading Eyesight," a presentation by Sight Connections. Kate Fewel, from Sight Connections, will explain the differences between vision impairment and memory loss. She will make recommendations on how to provide adequate lighting, contrast, and room design to minimize confusion.

Beth Rahi, from Island Senior Resources, will also provide a brief overview of the

Family Caregiver Support Program and will share local resources available to support those caring for a loved one.

**Wednesday, January 24, 2018**

**1-3pm**

Sno-Isle Coupeville Library

**FREE**

RSVP to Beth Rahi at: 360-321-1600 option 2, then 2 or email [RahiEA@dshs.wa.gov](mailto:RahiEA@dshs.wa.gov)

**Free Chronic Pain Workshop in January**

**LIVING WELL WITH CHRONIC PAIN**

**Thursdays, Jan 18 – Feb 22**

**1–3:30 pm**

Coupeville Library in the Meeting Room

The Living Well with Chronic Pain workshop is designed specifically for people who experience chronic or ongoing pain, are often exhausted from the pain, lack energy, and feel isolated with a lack of control.

This class provides tools, information, and strategies to help those with pain or a chronic condition cope with daily struggles. Mutual support in a caring and trusting environment builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Participants learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely. Past participants report feeling an increase in their confidence, and the motivation needed to manage the challenges of living with a chronic health condition. Family members, friends, and caregivers may also participate.

This 6-week workshop is offered by Island Senior Resources in collaboration with the Coupeville Sno-Isle Library and is FREE!!

You will also receive the book "Living a Healthy Life with Chronic Pain" to use during the workshop. At the end of the workshop you may purchase the book, if you choose.

**Registration is required, and class size is limited.**

**Please contact Debbie Metz, 360-321-1621 to register for the class.**

**Can a Reverse Mortgage Improve Your Retirement?**

*Are you a candidate to...*

- Eliminate mortgage payments and receive monthly checks?\*
- Preserve cash assets during your spend down period?
- Reduce current income taxes by deferring withdraws from 401 (k) and IRA's?\*
- Enjoy high Social Security Income by strategically delaying the start date?



Robert Fulton CLU ChFC  
WA State NMLS #116234

**Whidbey Island Reverse Mortgage Broker offers multiple lender programs. No costs or fee for in-home consultation.**

**Call me: 360-222-3236 or email: [rfulton@fultonfinancial.com](mailto:rfulton@fultonfinancial.com) [www.FultonFinancial.com](http://www.FultonFinancial.com)**

Fulton Financial Consultants, Inc. 3790 Shorewood Ave, Greenbank, WA 98253  
\*If the borrower does not meet loan obligations such as taxes and insurance, then the loan will have to be repaid.  
This material is not from HUD or FHA and has not been approved by HUD or any government agency.  
\*\*Not tax advice. Consult a tax professional.



Now 2 Locations  
on Whidbey  
to serve  
you.

**Wallin Funeral Home & Cremation, LLC**

*Voted Best Funeral Home On Whidbey 2011, 2013, 2014, 2015, 2016, 2017*

1811 NE 16th Ave • Oak Harbor • 360-675-3447 • [info@wallinfuneralhome.com](mailto:info@wallinfuneralhome.com)  
1635 Main St #A4 • Freeland • 360-221-6600 • [www.wallinfuneralhome.com](http://www.wallinfuneralhome.com)





**SENIOR MONDAY!**  
1/2 OFF COMBINATION PLATES WITH PURCHASE OF BEVERAGE ON MONDAYS FOR SENIORS AGE 60+

**WE DELIVER!**  
(360) 675-6114  
OAK HARBOR CITY LIMITS 11AM-9PM  
MENU AT EL-CAZADOR.COM




**American Red Cross**  
Serving Northwest Washington

**Protect your Family with new FREE 10-year smoke alarms!**

- Smoke alarms and fire escape plans save lives.
- If your smoke detectors are over 10 years old, they need to be replaced.

If you don't have working alarms and an escape plan, we can help. The American Red Cross will provide and install smoke alarms in your home for FREE!

**We can help you be prepared.**  
To take advantage of this offer:  
**Call (360) 733-3290 ext. 0 or visit [getasmokealarm.org](http://getasmokealarm.org)**



## COLLEEN'S FESTIVE FETA CHEESE BALLS

**Terrific Easy Appetizers!**

(yields about 16-24 balls)

Gently mix the following ingredients:

- 1/4 cup dried cranberries
- 2 oz. feta cheese
- 2 TBSP Ranch dressing
- 1/2 TBSP dried ranch dressing
- 2 TBSP chopped green onion
- 8 oz. softened cream cheese

Roll mixture into 1- 2 inch balls. Then, chop 1 cup nuts (your choice of walnuts, pecans, or almonds). Roll cheese balls in chopped nuts. Spike each with a straight pretzel stick for easy pickup. Enjoy!

**Combine & Save.**



**I can help you save time & money.**  
One agent for all your insurance needs saves time. And Allstate's multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.

**MATTHEW IVERSON**  
360-675-5978  
466 NE Midway Blvd,  
Oak Harbor, WA 98277  
[mattiverson1@allstate.com](mailto:mattiverson1@allstate.com)



Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Insurance Co., 2775 Sanders Rd., Northbrook, IL 60062 Northbrook, IL. © 2016 Allstate Insurance Co.

**SENIOR THRIFT**

**STORE HOURS**  
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm  
5518 Woodard Ave, Freeland, WA 98249

**360-331-5701**

Accepting donations from opening until 4 PM  
**NO DONATIONS ACCEPTED ON WEDNESDAYS IN JANUARY**

**Happy New Year from everyone at Senior Thrift!**

**Call or visit the store to see daily specials.**

**The Home You Want the Care You Deserve**

At **Maple Ridge**, our philosophy is to offer exceptional care while providing **choice, independence, fun and laughter.**

We offer a full range of services designed to support your lifestyle.

Visit today and discover **Retirement Perfected™.**




**Maple Ridge**  
By Bonaventure®  
1767 Alliance Avenue  
Freeland, WA 98249  
**(360) 331-1303**  
**BonaventureSenior.com**  
**ASSISTED LIVING**  
© 2017 All rights reserved, Bonaventure Senior Living.

**Check out our new & improved website!**



**www.whidbeyweekly.com**

**390 NE Midway Blvd #B203, Oak Harbor • 360-682-2341**



**Seniors for Seniors Adoption Program**  
*The details are simple!*

- Adopter must be 62 or older
- Dog or cat must 8 or older
- WAIF will waive adoption fees!




Visit us at our four adoption locations..  
From Freeland to Oak Harbor!  
(Dogs are located in Coupeville only)

For more info, call (360) 678-8900 or (360) 321-WAIF (9243)  
Visit our website! [www.waifanimals.org](http://www.waifanimals.org)



## Social Security's Representative Payee Program



If you receive, and oversee, the Social Security or Supplemental Security Income (SSI) benefits for an adult who cannot manage his or her own benefits, you must register with Social Security to be the beneficiary's Representative Payee.

Having a power of attorney, or joint bank account, with the beneficiary, is not the same as being a representative payee. You need to be a Representative Payee to have the legal authority to negotiate and manage a beneficiary's Social Security and/or SSI benefits.

A Representative Payee's responsibility is to use that individual's benefits for current needs and to securely care for unspent funds to pay for future needs. As their Representative Payee, you must keep careful records of all expenses and provide an annual report to Social Security of how the funds were used or saved.

How do you become a Representative Payee? You must apply and be accepted by Social Security. Go to [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee) for information and the application.

## 2 LOCATIONS! Bayview Senior Center Oak Harbor Senior Center

# T♥️ TIME TOGETHER

### ADULT DAY PROGRAM

Serving our Whidbey Island Community since 1997

Time Together Adult Day program offers social engagement and meaningful activities that preserve dignity and promote quality of life for seniors and adults with special needs. Time Together offers much-needed respite to family caregivers to manage their life needs and rest, while loved ones are in a safe and supportive environment.



Contact Mel Watson, Time Together Director  
Island Senior Resources (360) 321-1623  
[mel@islandseniorservices.org](mailto:mel@islandseniorservices.org)

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

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



A Caring Community Resource

## BEST TIRE VALUE PROMISE®



**CLINTON**  
360.341.3313  
**OAK HARBOR**  
360.679.1535

### 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 - JANUARY

### WEEK 1

Mon	1	HOLIDAY - MEAL SITES CLOSED
Tues	2	Baked Potato w/Chili & Veggies
Wed	3	Green Bean Casserole w/Chicken
Thurs	4	Chef's Choice
Fri	5	Beef Stroganoff w/Mushrooms

### WEEK 2

Mon	8	Chicken Strip Basket w/Baked Fries
Tues	9	Cheesy Broccoli Soup & Salad
Wed	10	Sliced Ham w/Pineapple
Thurs	11	Chef's Choice
Fri	12	Fish & Chips

### WEEK 3

Mon	15	HOLIDAY - MEAL SITES CLOSED
Tues	16	Tuna Salad on Croissant & Soup
Wed	17	Meatloaf w/Tomato Topping
Thurs	18	Chef's Choice
Fri	19	Pork Chops & Mashed Potatoes

### WEEK 4

Mon	22	Three Bean Chili w/Ground Beef
Tues	23	Breakfast Quiche w/Ham & Veggies
Wed	24	Chicken Cordon Bleu Casserole
Thurs	25	Chef's Choice
Fri	26	Taco Salad w/Ground Beef

### WEEK 5

Mon	29	Fish Sandwich w/Cheese & Lettuce
Tues	30	Best Reuben Sandwich
Wed	31	Meaty Lasagna

Thank you for reading *Island Times*. Please support our advertisers.  
Please recycle this publication when you are finished reading it.

## New To Medicare?

We can help sort through options.

**J. Johnson Insurance, LLC**

Now in Freeland

360-341-1848

[jjins@whidbey.com](mailto:jjins@whidbey.com)



**Naomi DeMartini, Agent**

Medicare including Medicare Supplement plans, Medicare Advantage plans, Medicare Prescription plans along with individual & small group plans.

1635 Main Street #A7, Freeland, WA 98249



**Helping You  
Stay At Home**

Respect and Care at Home

- Trusted, experienced in-home care for all ages
- Private Pay, VA, State Funded Care, DDD, Long Term Care Insurance
- Personal care - help with daily living activities
- Free, no obligation in-home assessment
- Respite care - much-needed relief for the primary caregiver

Serving South Whidbey Island  
ResCare Home Care, Freeland  
360-331-7441

Serving North Whidbey Island & Anacortes  
ResCare Home Care, Oak Harbor  
360-240-0044



**REGENCY  
ON WHIDBEY**  
RETIREMENT & ASSISTED LIVING

- Independent Cottages
- Assisted Living
- Memory Care

1040 SW Kimball Drive  
Oak Harbor  
360-279-0933

[www.regencywhidbey.com](http://www.regencywhidbey.com)



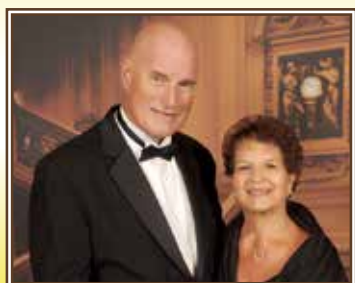
## Putting heart into quality service

Whidbey Island's most experienced funeral director serving all of Island County and surrounding areas with caring that goes the extra mile.



746 NE Midway Boulevard • Oak Harbor  
(360) 675-5777

[info@whidbeymemorial.com](mailto:info@whidbeymemorial.com)  
[www.whidbeymemorial.com](http://www.whidbeymemorial.com)



Paul and Heidi Kuzina, Owners

## Join us for LUNCH & LEARN



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

### AT THE COUPEVILLE HUB - WEDNESDAYS, 1 PM

Events begin at 1 p.m. at the Coupeville United Methodist Church, 608 N. Main Street. Lunch is served every Wednesday at noon (suggested donation \$5). Contact Carol Moliter: (360) 678-0636, [bigrockdesigns@whidbey.net](mailto:bigrockdesigns@whidbey.net).

#### Date Topic and Presenter

- Jan. 3** *Bingo*  
Come Play Bingo! Aging & Disability Resources will also be available 11:30 am to 1:30 pm.
- Jan. 10** *"It's never too early until it's too late to have THE conversation."*  
Carla Jolley, MN, ARNP, AOCN, CHPN, WhidbeyHealth Palliative Care, will discuss how to find the right words to talk about end of life decisions and advanced care planning with your loved ones, doctor and others.
- Jan. 17** *What is Careage?*  
Sean O'Neill, Executive Director for Careage of Whidbey will discuss what the only skilled nursing facility on Whidbey Island has to offer Island residents. Also onsite is a day care center for children ages 1 to 12 which provides a fun, energetic environment for Careage residents.
- Jan. 24** *Small Miracles that have Big Impact*  
Vern Olsen, board member for Small Miracles of Coupeville will discuss how a small band of volunteers who care about the health and well-being of their friends and neighbors, help them cover medical expenses they wouldn't otherwise be able to afford.
- Jan. 31** *Aging in Place*  
Chasity Smith, Director of Aging & Disability Resources presents how to plan ahead to ensure you can remain in your own home. Join us to receive guidance and resources available to help you safely "age in place".

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

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

#### Date Topic and Presenter

- Jan. 2** *The Amazing Galapagos Islands and Northern Highlands of Ecuador*  
Cheryn Weiser will share vignettes from her recent trip to the Galapagos and the Northern Highlands of Ecuador.
- Jan. 9** *The Magic of Travel*  
Sherry Auer will share her experiences and speak to the magic of travel in Scotland, Ireland, and beyond.
- Jan. 16** *Rick Steve's Europe*  
"Ever thought about going on a Rick Steve's Tour to Europe?" If you've thought about it but are unsure or have questions of someone who has taken 3 trips and has plans for a 4th join Jackie Henderson who will share her experiences.
- Jan. 23** *Estate Planning*  
Join attorney, Ken O'Mhuan, in a session that explores the elements of estate planning. (This session will run from 12:30-2 pm)
- Jan. 30** *Macedonia*  
Experience a virtual tour of charming historic Macedonia with Michael Seraphinoff who is connected to this culture with many heart felt ties, and learn about language and culture opportunities at Northwest Language and Cultural Center.

### OAK HARBOR SENIOR CENTER - 11:30 AM

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

#### Date Topic and Presenter

- Jan. 23** *Aquatic Therapy*  
Janet Wardell will explain the benefits which include strengthening, balance, circulation, muscle relaxation, and muscle memory improvements, by using the waters properties of buoyancy, resistance and hydrostatic pressure. Janet is a Physical Therapy Assistant certified ATRI Aquatic Therapist.

**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.





# JANUARY

## OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:30 EnhanceFitness 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 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting Circle 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 3 Guitar 6 Pinochle 6 Lapidary 7 Stamp Club (2nd & 4th Tuesdays)	9 Billiards 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 Billiards 9:30 Enhance Fitness 10 Creative Writing 12:30 Cribbage 1 SVC History Class 1 Reiki Treatments 2 Caregiver Support (3rd Thursday) 7 Wire Wrap	9 Quilting 9 Billiards 9 Tai Chi 11:30 LUNCH 12:30 Pinochle 1 Line Dance 1 Parkinson Support Group (1st Friday) 3 Guitar 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong 3 Afternoon Tai Chi	8:45 Advanced Tai Chi 9 Foot Clinic 10 Beginning Tai Chi 10 Time Together 10:30 Tune In, Tone Up 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's sing-a-long January 2 10 Alzheimer's Support Group January 9 10 Parkinson's Support Group	9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together 11:45 Lunch Served 6:30 Bingo January 10 1 Legal Consultations January 24 1 Legal Consultations January 31 11:45 Birthday cake and Party (all are welcome) 11:45 Blood Pressure Check	8:30 Men's Bridge 9 Senior Striders 10 Time Together 6 Twilight Bridge	9-4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10 Time Together 10:45 Fun Band Dancing 11:45 Lunch Served	

\*Statewide Health Insurance Benefits Advisors  
**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.**

## FREE Hearing Health Event

RSVP and enjoy \$500 in FREE services, including:

- FREE Hearing Screening
- FREE Product Demo
- FREE 2-Week Trial\*

Call 888-568-9884 or visit [ConnectHearing.com](http://ConnectHearing.com).



**Connect Hearing**

Freeland - 5570 Harbor Ave., Unit B  
 Oak Harbor - 380 SE Midway Blvd.

\*Certain types of hearing loss may require a hearing instrument model that is not appropriate for the 2-Week Free Trial. Complimentary Hearing Evaluation required. See clinic for details. Lyric excluded.



**ISLAND HERB**

OPEN DAILY  
11A- 7P  
(360) 331-0140  
5565 VANBARR PL, F  
FREELAND  
WASHINGTON

**21+ RECREATIONAL & MEDICAL CANNABIS**

---

**SENIOR SUNDAYS**

ALL CUSTOMERS 55+  
RECEIVE 10% OFF

☼ 👤 +

[WHIDBEYISLANDHERB.COM](http://WHIDBEYISLANDHERB.COM)

Medically-Endorsed Store | Friendly, Knowledgeable, Medically-Licensed Staff | High Quality Atmosphere | No Sales Tax w/Medical Card

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children. ©2016 Island Herb. All rights reserved.

Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.



## TRAVEL LOG

## OAK HARBOR SENIOR CENTER

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



**PACIFIC INSTITUTE  
OF CULINARY ARTS LUNCH  
VANCOUVER, B.C.**

**Tuesday, January 30**

9:30 AM - 5 PM

Member: \$70 • Non-Member: \$85

**Passport or enhanced driver's  
license is required for this trip.**

Let us treat ourselves to a 3-course gourmet lunch, served by the students of the culinary school in Vancouver, BC. There will be time to buy delicious baked goods, baked by the students, to bring home and to do some shopping on Granville Island. So sorry we can't bring home fruit or veg. But I am sure you will find other treasures at their unique shops. There will be a stop at the duty free shop.

**THRIFT STORE HOP**

**Thursday, February 13**

9 AM - 4 PM

Member: \$23 • Non-Member: \$38

February marks the beginning of brighter weather. Thoughts of spring and a new wardrobe! Do you like the thrill of the hunt, finding a designer treasure, saving money, wear current fashions? Then this day is for you. Join in on the hunt and LETS GO SHOPPING! We will stop for a no host lunch.



**NW FLOWER &  
GARDEN FESTIVAL**

**Thursday, February 8**

8:30 AM - 5 PM

Member: \$55 • Non-Member: \$70

**Price includes the entrance fee.**

Your gardening desires will blossom when you gaze at the spectacular Show Gardens created by the most respected garden designers and landscapers of the region.

Whether you have acres to landscape or you're looking for something to jazz up a small space, there is something for you at the festival.

The Marketplace with over 300 exhibitors is just the thing for your green thumb as you stock up on the latest tools and accessories for your home and garden. You can buy new plants or unique hand-crafted wares, savor delicious specialty foods, or find that special piece of furniture or art to grace your garden.



**CAPE FLATTERY**

**Thursday, February 1 –  
Friday, February 2**

8 AM (2/1) - 6 PM (2/2)

Members: Single, \$225 • Double, \$160  
Non Member: Single, \$245 • Double, \$180

**Price includes hotel, sack lunch  
on the first day, and breakfast.**

Tired of being inside all winter? Come with us to the Northwestern-most Point in the Contiguous United States! The views are incredible, some of the most iconic beach scenes of the wilderness at its best.

Taking the Coupeville – Port Townsend Ferry we will travel the peninsula out along the Cape Flattery Scenic Byway to Cape Flattery. After adventuring we will return for the evening to the centrally located Red Lion in Port Angeles. The next day we will return to Oak Harbor after a stop in Port Townsend for a no host lunch. What a great trip! Cape Flattery, Port Angeles and Port Townsend in one.

**COSTCO RUN**

**Thursday, March 8**

9 AM - 2 PM

Member: \$20 • Non-Member: \$35

Let us do the driving! We will head over to the Burlington Costco to check out all the great product. Stock up on your favorite items, or just get yourself a special treat. Anything from books, movies, cute clothes, flatware, groceries, coffee or supplements and toiletries, Costco has it all! Don't forget the pizza, hot dogs or sandwiches and ice-cream at the food court.



**SNOHOMISH ANTIQUE SHOPPING**

**Thursday, March 15**

8:30 AM - 5 PM

Member: \$35 • Non-Member: \$50

Let's go antiquing in the Antique Capital of the Northwest —Snohomish! Over 175 antique dealers in 11 shops. So many stores, so much to see! Enjoy lunch on your own.

**DEALER'S CHOICE  
CASINOS & SHOPPING**

**Monday, March 19**

9 AM - 4:30 PM

Member: \$27 • Non-Member: \$42

Pick your favorite! Tulalip Casino, Quil Ceda Casino or discount shopping at the outlet mall. We will drop of at each Casino and once you have had your fill of

slots, take the shuttle from Tulalip Casino to the outlet malls. Would you rather get straight to the shopping? Our driver will drop you off right at the mall.

**CABARET**

**Sunday, April 8**

11:30 AM – 6:30 PM

Member: \$95 • Non-Member: \$120

Come hear some of the most memorable songs in theatre history, including Cabaret, Willkommen, and Maybe this Time. Welcome to the Kit Kat Klub, where Sally Bowles and ensemble take the state to tantalize the crowd in pre-WWII Germany.

At the Mt. Baker Theatre in Bellingham. We will stop for a no host brunch or lunch prior to the show.

**OLATE DOGS**

**Saturday, June 9**

10:30 AM – 5:30 PM

Member: \$45 • Non-Member: \$60

These fuzzy faced winners of American's Got Talent and their owner – handler, Richard Olate have been thrilling audiences and promoting animal welfare for some time. The dogs are rescue dogs trained to deliver high energy, fast paced canine acts filled with dog tricks, human aerobatics and humor.

At the Mt. Baker Theatre in Bellingham. We will have a no host meal stop before the show.

**ANDREA BOCELLI AT KEY ARENA**

**Sunday, June 24**

3:30 PM – 11:30 PM

Member: \$168 • Non-Member: \$190

This June, legendary tenor Andrea Bocelli will be returning to the US for a special concert series and will be at the Key Arena in Seattle. The unique performances will feature a new popular repertoire from Bocelli's latest album, Cinema along with Bocelli's beloved repertoire of Arias, love songs, and crossover hits. Ticket includes transportation. We will arrive in Seattle in time to enjoy a no host dinner before the show.

**MYSTERY LUNCHES**

**Tuesday, January 16**

**Wednesday, February 21**

**Thursday, March 22**

Members: \$20 • Non-members: \$35

**Price includes transportation only.**

**CASINOS**

**SKAGIT CASINO**

**Monday, January 22**

9 AM - 4 PM

Member: \$23 • Non-Member: \$40

Rumor has it there are new machines and a new menu at the Skagit Casino, so let's give it a try! We normally receive some free slot play and a discount on lunch.

**ANGEL OF THE WINDS**

**Tuesday, February 27**

9 AM - 4:30 PM

Member: \$25 • Non-Member: \$40

Let's see if our favorite casino is still the friendliest. The perks include the usual discount on the buffet and \$5 slot play.

**EXTENDED TRAVEL  
OPPORTUNITIES**



**HERITAGE OF AMERICA**

**April 20-29, 2018**

Double: \$3,549 • Single: \$4,649  
Includes round trip air from Seattle,  
lodging, hotel transfers and 14 meals.

**Sign up available now!**

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.

**CAPE COD & THE ISLANDS**

**July 8, 2018: 7 Days Featuring  
Boston, Martha's Vineyard,  
Nantucket and Newport**

**Trip Presentation January 23, 10:30 am  
at the Oak Harbor Senior Center.**

Double: \$2,350 • Single: \$3,075  
Includes roundtrip air from Seattle,  
lodging, hotel transfers and 9 meals.

**Sign up available now!**

This incredible tour program features a 7 day/6 night itinerary flying roundtrip from Seattle to Boston including transfers from Oak Harbor, unpacking once and staying for 6 nights in beautiful Cape Cod. Our hotel located conveniently in Mid Cape, provides the perfect location for a week's stay on Massachusetts famed Cape Cod, allowing you to leisurely explore the Cape and experience the best it has to offer.



**SPAIN'S CLASSIC**

**October 2018**

**Informational presentation:  
Thursday, February 22, 2018, 2:30pm.**

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

**Sign up available now!**



## ISLAND SENIOR RESOURCES

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

### CASINO TRIPS IN 2018

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

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

## SOUTH END

### Island Senior Resources (Bayview)

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

### Alzheimer's & Dementia Caregivers Support Group

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 & Dementia Caregivers Support Group

1st Thursday of the month, 2:30 – 4:30 PM  
 Summer Hill Assisted Living, Oak Harbor, Oak Harbor, WA 98277  
 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  
 Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277  
 Contact: Carolyn Hansen, 360-279-1785

### Vision Impaired Support Group

4th Tuesday of the month, 2 PM  
 Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277

**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**



## Volunteers Needed

# Time Together Adult Day Program – Bayview or Oak Harbor

By Mel Watson  
 Time Together Program Director, Island Senior Resources

If you are looking for a meaningful opportunity to give back to our community, this is one that will change your life and add sparkle to your week.

We are looking for volunteers who love spending time with older adults. Our program helps families stay together by giving respite to family caregivers and meaningful engagement to participants. Program attendees have a broad range of physical and/or cognitive challenges. Volunteers assist in a social and fun environment, helping participants succeed in activities and social engagement.

Experience preferred. Mindfulness is vital. All volunteers receive training at no cost.

If you are interested, please contact:

Mel Watson, Director  
 Time Together Adult Day Services  
 (360) 321-1623  
 mel@islandseniorservices.org  
 www.senior-resources.org



## Welcome to CamBay!

- 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



OAK HARBOR SENIOR CENTER AND ISLAND SENIOR RESOURCES WILL BE CLOSED MONDAY, JANUARY 1 IN OBSERVANCE OF NEW YEAR'S DAY



HAPPY NEW YEAR

## SHIBA Medicare Advising

Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Come attend a free seminar, "Getting Ready for Medicare," presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. Seminars will begin in February; call Oak Harbor Senior Center or Island Senior Resources for dates.

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased and confidential advising for Medicare benefits and insurance options to people of all ages and backgrounds. The program is sponsored locally by Island Senior Resources and is available at three sites throughout Whidbey Island: Island Senior Resources at Bayview, Oak Harbor Senior Center, and WhidbeyHealth Medical Center.

To schedule a free, individual counseling session, please call:

- For Tuesday appointments:** Oak Harbor Senior Center, 360-240-4580
- For Wednesday appointments:** WhidbeyHealth, 360-678-5151
- For Friday appointments:** ISR Bayview, 360-321-1600 or 360-678-3373 x 0

SHIBA regularly hosts informational presentations, "Getting Ready for Medicare." Call for upcoming dates and locations.

## Seniors\* Get 15% Off on the 15th of Each Month!



1609 E. Main Street  
 Freeland  
**360-331-6799**  
 Monday-Saturday 8am-7pm  
 Sunday 9am-6pm  
 freelandacehardware.com

\*Age 65 and over, just show your driver's license at the cash register. (Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.

Be a Lunch and Learn Presenter





# ENVIRONMENTAL AND EMOTIONAL WELLNESS

## Continuing our journey through the 8 Dimensions of Wellness

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

In the last three editions of Island Times we discussed the idea of holistic wellness through attending to the 8 dimensions of wellness in our individual lives. We have focused on the need of intellectual wellness, recognizing your talents and seeking ways to use your knowledge and skill as well as social and spiritual wellness which includes connecting with your community and own cultural background as well as expanding your sense of purpose and meaning in life. We also covered environmental and emotional wellness, the ability to cope effectively with life and have good health by occupying pleasant environments. So, how are you doing on those five so far? What changes have you made in your daily routines to incorporate strengthening your intellectual, social, spiritual, environmental and emotional wellness?

As you continually focus on those aspects, let's round it all off with the remaining three. Financial, occupational and physical wellness are essential to our holistic view of wellness.

### FINANCIAL — Satisfaction with current and future financial situations

Financial wellness is a feeling of satisfaction about your financial situation. Finances are a common stressor for people, so being able to minimize worry about this aspect of your life can enhance your overall wellness. Options for managing financial wellness include having a household budget, starting a savings account and adding to it every month even if it is just a small amount, saving some of your income in an emergency account, cutting back or limiting unnecessary expenses, avoiding credit card debt, donating to a meaningful charity, shopping at thrift stores, utilizing the library for free books and DVDs, and cooking your own meals instead of dining out. Try tracking your spending for a month to see where your money is going and set goals based

on what you find. This is especially meaningful for many who are on fixed incomes.

### OCCUPATIONAL — Personal satisfaction and enrichment from one's work

Occupational wellness is a sense of satisfaction with your choice of work or volunteer opportunities. Occupational wellness involves balancing work and leisure time, building relationships with coworkers, and managing workplace stress. Finding work, whether paid or volunteer, that fits with your values, interests, and skills can help maintain occupational wellness.



### PHYSICAL — Recognizing the need for physical activity, healthy foods, and sleep

Physical wellness is affected by physical activity, healthy nutrition, and adequate sleep. There are many examples of physical activity that range in levels of intensity from light to vigorous. Maintaining your physical health can include yoga, bike riding, jumping rope, engaging in sports, running, walking, jogging, skiing, dancing, tennis, and gardening. This is an easy one! Come into the Oak Harbor Senior Center to start your physical activity plan with one of our many and varied classes.



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

Tuesday, January 9, 1pm, 2720 Heller Road, Fire Station #25

Laura Sparr will speak about finding Ship Passenger Lists for your genealogical research.

All are welcome to attend. For more information contact Margie Kott, 360-675-3146

## Oak Harbor Senior Center

51 SE Jerome St., Oak Harbor, WA 98277

Front Desk: 360-279-4580

Travel Desk: 360-279-4587

### 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) 279-4583  
Senior Services Administrator

### Barry Wenaas

(360) 279-4582  
Program Assistant

Send comments and suggestions to [LLange@oakharbor.org](mailto:LLange@oakharbor.org)

## 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.

## Do you have a hearing loss? It may be affecting your quality of life

Dr. Kristine Jarrell can help you rediscover the pleasures of hearing and improve your life.

Call today for a FREE hearing screening!

360-678-1423

Voted Whidbey Island's most trusted Audiologist five years in a row!



20 N.W. Birch St. • Coupeville, WA 98239

Locally Owned & Operated

[www.CoupevilleHearing.com](http://www.CoupevilleHearing.com)



DR. KRISTINE JARRELL  
Board-Certified Audiologist



# YOUR VOICE

## What is the Older Americans Act?

As older Americans, it might be good for us to understand this act. The Older Americans Act (OAA) funds critical services that keep older adults healthy and independent—services like meals, job training, senior centers, caregiver support, transportation, health promotion, benefits enrollment, and more.

### From then to now

In 1965, Congress enacted the Older Americans Act, which established the U.S. Administration on Aging (AoA) and state agencies on aging to address the social services needs of older people. The Act is considered the major vehicle for promoting the delivery of social services to the aging population. Its mission is broad: to help older people maintain maximum independence in their homes and communities and to promote a continuum of care for the vulnerable elderly. In successive amendments, Congress authorized targeted programs to respond to specific needs of the older population.

Nearly five years after it expired, legislation to reauthorize the Act was passed by Congress with unanimous, bipartisan support. The bill was signed into law by the President on April 19, 2016.

### Who Benefits from the Older Americans Act?

The intent of the OAA is to promote the dignity of older adults by providing services and supports that enable them to remain independent and engaged citizens within their communities. The original OAA established the Administration on Aging (AoA) and the aging

services network that provides essential home and community-based supportive services. AoA is now part of the Administration for Community Living (ACL) within the Department of Health and Human Services (DHHS). OAA funding is distributed to 56 state agencies, over 200 tribal organizations, two native Hawaiian organizations, more than 600 area agencies on aging and 20,000 local service providers. While the program is open to older individuals, generally defined as 60 and older, it focuses on offering assistance to persons with the greatest social or economic need, such as low-income or older adults living in rural areas. Most services do not require means testing or copayments, but donations may be requested and some newer programs may have cost sharing on a sliding scale. Unfortunately, years of limited funding have restricted access to OAA services, resulting in waiting lists for many of these essential programs. The benefits of OAA programs are not just for older adults. They also support families by offering services to caregivers, and they provide jobs in the health and long-term care sectors in local communities around the country.

### What are the Benefits?

The OAA authorizes a range of services and supports that help older Americans remain as independent and productive as possible in their own homes and communities. The OAA consists of seven titles. Titles I and II declare the Act's objectives and establish the AoA, the federal coordinating agency for OAA services. Title III – Grants for States and

Community Programs on Aging – covers supportive services such as case management, senior center services, in-home services, transportation, and information and referral. Also included under Title III are nutrition programs, such as meals-on-wheels and senior center group meals; family caregiver support; and health promotion and disease prevention services. Funds for Title III programs are distributed based on a state's proportionate share of either the age 60 or older population or, in the case of caregiver support programs, the age 70 or older population. Each state then has its own formula for allocating OAA funding to area agencies on aging which enables the delivery of services to local areas.

Title IV of the OAA provides support for training, research and demonstration projects while Title V authorizes the Senior Community Service Employment Program (SCSEP). This program, which is managed by the Department of Labor, provides support for part-time employment for individuals 55 and over who are low-income, unemployed and have poor employment potential. Title VI covers Grants for Services for Native Americans and provides funding to tribal organizations, Native Alaskan organizations and nonprofits representing Native Hawaiians.

Finally, Title VII provides support for programs to ensure protection of the rights of older adults, including the Long-Term Care Ombudsman Program and elder abuse prevention services. The Long-Term Care Ombudsman Program is required to investigate and resolve complaints made by or on behalf of nursing facility residents or other institutionalized populations. Title VII funds are allocated based on the state's proportion of residents age 60 and older.

### OAA Funding

The Older Americans Act has a broad and critical mission. However, it is plagued with modest resources to support the service continuum. Over the past 20 years, the OAA has lost ground due to our rapidly-increasing frail, older population, and federal funding that has not kept pace with either inflation or growth in the older population. Eligible seniors face waiting periods for many OAA services in most states.

The Budget Control Act of 2011 imposed cuts in non-defense discretionary (NDD) spending, which includes OAA programs, and resulted in dramatic reductions in senior nutrition and other

programs in Fiscal Year (FY) 2013. Under provisions of the Bipartisan Budget Act of 2013, FY 2014 and 2015 funding was restored to pre-sequestration levels for nutrition programs, but other programs received less money than they did in FY 2012. President Obama's FY 2017 budget proposes an increase of \$28.4 million for the OAA, including \$10 million for Older Americans Act Title III B Supportive Services and \$14.4 million for Title III Nutrition programs. Other programs are flat funded, with requested amounts remaining the same as the programs received for FY 2016 due to the 2015 Bipartisan Budget Agreement.

The cumulative impact of decades of inadequate funding, a rapidly growing older population and unbalanced attempts at deficit reduction could threaten the very sustainability of OAA programs, as well as the health, dignity, and independence of older Americans. The Leadership Council of Aging Organizations (a coalition of 72 non-profit organizations serving seniors, including the National Committee) determined that in order for OAA funding to simply catch up with the growth in the senior population, its appropriation would have to be increased by at least 12 percent each year for several years.

Your voice counts, let it be heard! Let your congress members know that you use and rely on programs funded by OAA, and encourage them to support legislation to increase the appropriation.

Send our congress members a note and let them know you support these important issues:

**SENATOR PATTY MURRAY**  
154 Russell Senate Office Building  
Washington, D.C. 20510

**SENATOR MARIA CANTWELL**  
511 Hart Senate Office Building  
Washington, DC 20510







**REPRESENTATIVE RICK LARSEN**  
2113 Rayburn House Office Building  
Washington, DC 20515

## OLDER AMERICANS ACT

# IMPACT

THE AGING NETWORK SERVES AN AVERAGE OF 11 MILLION PEOPLE PER YEAR

Over a 5-year period it provided:

 <p><b>Over 130 MILLION RIDES</b> to doctors' offices, grocery stores, and other essential places</p>	 <p>Nearly 90% of riders say the service helps them to continue to live in their own homes</p>	 <p><b>98%</b> 98% of riders would recommend the service to a friend</p>
 <p><b>More than 1 BILLION MEALS served</b></p>	 <p><b>95%</b> Over 95% of older adults say they would recommend the nutrition program to friend</p>	 <p>More than three-quarters report the program improves their health</p>

**NICELY DONE HOME & PET SERVICES**

Your Friend is My Guest  
Kennel, Walk, Feed, Play, Snuggle  
Home Visits, Cleaning,  
Other Services  
Serving Whidbey for 16 Years  
**Mary Jo Koenemann**  
360-321-5565  
nicelydonehome@whidbey.com

People caring about people.

Highly skilled professionals providing physical, occupational, and speech therapies.

24 hour compassionate nursing care.

Dedicated to our community.  
*Family owned and operated since 1986.*



311 NE 3rd St • Coupeville • 360-678-2273 360-321-6660  
frontoffice@careageofwhidbey.com • www.careageofwhidbey.com



FRIENDS OF THE OAK HARBOR SENIOR CENTER  
YOU ARE INVITED

# Art Show

◆◆◆◆◆

Join us at the Oak Harbor Senior Center for an evening of art from our resident artists, live music, and hors d'evours on January 19th at 6 in the evening

**\$20 PER PERSON**  
OAK HARBOR SENIOR CENTER  
FOUNDATION BENEFIT

**JANUARY** continued from page 1

Watchers Day—always on January 8th. You have the opportunity to go out and watch the guys. After all, they have their fun watching the ladies. Popular places include: watching them work, especially labor jobs when short shirts cover flowing muscles; on the beach – too bad this day is in January; at the mall—it's time to get even. This is where more than one guy has been known to visit for the sole purpose of watching the ladies—this may just be your favorite guy watching location.

Okay, did you also know there is a Peculiar People Day? Well this is a day to honor uniquely different people—unordinary, extraordinary, unusual, strange, odd, uncommon, intriguing, different, abnormal, and quirky—most of these characteristics can be viewed as good, or not so good. January 10th is the day and we encourage you to look for the good in your peculiar acquaintances.

On the third Monday in January we celebrate Martin Luther King Day. He became one of the youngest person to win the Nobel Peace Prize at age 35. His birthday became a National Holiday by an Act of Congress in 1983.

Did you know there is a day to ditch your New Year's Resolutions? Well, guess what, it's the middle of January, the 17th to be exact. If you haven't broken them by that date you are doing better than most of us. For many people, New Year's Resolutions are hanging heavily over our heads. They become a burden, and maybe not such a good idea after all—this is your chance to "ditch" them.

On January 23rd you can take the day to measure your feet—why? It's best not to speculate. Thank goodness Congress did not spend the time to declare this a "National" day.

Do you remember how much fun you had popping the bubble wrap? Well, you can always do this the last day of January—it's Bubble Wrap Appreciation Day. As you know, it not only protects things for shipping, but it releases stress. Just squeeze the bubble and feel the stress disappear.

One of our best day is always on January 27th. That is Chocolate Cake Day. Only Chocolate cake will do, not yellow or white or a combination—it must be ALL chocolate. There are three objectives of chocolate cake day 1) to bake a chocolate cake; 2) decorate a chocolate cake 3) eat chocolate cake. If you are too busy to do the first two, at least eat a chocolate cake.

We have a couple more days to celebrate and this Fun at Work Day on January 28th and one always needs to have a National Puzzle Day on January 29th.

Now when you visit the Oak Harbor Senior Center, the next celebration can happen every day, but National Puzzle Day is always celebrated on the 29th. There always is a puzzle ready to be worked at the Center. Puzzles are a favorite pastime of millions of people young and old. Come by and see us at the Center and enjoy a puzzle or a laugh.

Hope you have enjoyed some of the zany and bizarre National Days in January. Always know that something is happening every day.

### Compare Our CD Rates

Bank-issued, FDIC-insured

<b>1-year</b> <b>1.75</b> % APY* Minimum deposit \$1000	<b>18-month</b> <b>1.85</b> % APY* Minimum deposit \$1000	<b>2-year</b> <b>2.0</b> % APY* Minimum deposit \$1000
--	--	---

\* Annual Percentage Yield (APY) effective 12/8/2017. CDs offered by Edward Jones are bankissued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

**Call or visit your local financial advisor today.**

<p><b>COUPEVILLE</b></p> <p><b>Chris Renfro</b> 107 S Main Street Suite A101a 360-678-6580</p> <p><b>FREELAND</b></p> <p><b>Melissa S Cates, AAMS®</b> 1688 Main St Suite 100 360-331-4450</p> <p><b>Kristi K Price</b> 1688 Main St Suite 100 360-331-4450</p> <p><b>Kevin B Lungren</b> 1592 Main Street 360-341-4556</p>	<p><b>OAK HARBOR</b></p> <p><b>Gene Kelly Barner</b> 144 N E Ernst St Suite C 360-675-8239</p> <p><b>Eric L Schelling</b> 630 Southeast Midway Blvd 360-679-2558</p> <p><b>Gregory A Smith, AAMS®</b> 275 SE Cabot Dr A7 360-679-2304</p>
---	---

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

### At the Oak Harbor Senior Center

**GUITAR LESSONS**  
Resume Fri, January 5

**AARP DRIVING COURSE**  
Wed, January 24  
8:30-4:30 PM  
Register by calling AARP or online at AARP.com

**DIGITAL DOWNLOADS: RBdigital, Freegal, and Hoopla**  
Wed, January 17 & 31  
10 AM  
Learn how to access free movies, music, and magazines on your computer or mobile device. Find out how to stream movies, download music legally, and more! This class provides an overview of these exciting services and the information needed to start enjoying them on your own. Bring your library card and device for hands-on help after the overview.

**TECH HELP!**  
Sun, February 26  
2-4:30 PM  
Bring your smart phone, tablet or laptop, the tech savvy Future Business Leaders of America group from Oak Harbor High School will be here to help you get programs set up and answer your questions about using your devices. If you have a smart phone or tablet and you just don't know what to do with it, this is for you! Want to set up, or learn how to better use your Facebook account? Want to check your email on your device? Want to just know how to send a text or picture message? Come with your questions. After a short presentation there will be one on one help.

**FREE TAX PREPERATION**  
February 2 – April 6  
By Appointment  
Call the Oak Harbor Senior Center at 360-279-4580 to make an appointment. Appointments available starting in January.