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 zucchini 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 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 sustained 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.

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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 Rhinehart. 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
“Pinnable and Bunco at the Center, gatherings at the Emblem, crabbing, crabbing, crabbing, working in the yard, gardening and keeping the door feed!”

Island Senior Resources
14594 SR 525
Langley, WA 98260

The Island Times is your community newsletter. We offer a wide variety of articles and features, from local news and events to recipes and gardening tips. Thank you for reading, and we hope you enjoy this issue.

Volume 1 • Issue 4
August 2017

Nonprofit org. U.S. postage paid
Langley, WA permit no. 68

Looking for Island Times the last Thursday of each month
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!
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**
Coupville, WA

This stunning landscape at the gateway to Puget Sound, with its rich farmland and promising seaport, lured the earliest Euro-American – while offering spectacular opportunities for recreation.

**Olympic National Park**
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!
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 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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Oak Harbor Senior Center, 360-279-4580
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Quilting</td>
<td>9:30 Enhance Fitness</td>
<td>11:30 LUNCH</td>
<td>9:30 Yoga</td>
<td>9:30 Yoga</td>
<td>Ping Pong</td>
</tr>
<tr>
<td>9:30 Wi Bowling</td>
<td>11:30 LUNCH</td>
<td>12:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9 Tai Chi</td>
<td>Billiards</td>
</tr>
<tr>
<td>11:30 LUNCH</td>
<td>12:30 Line Dance</td>
<td>10 Creative Writing</td>
<td>11:30 LUNCH</td>
<td>11:30 LUNCH</td>
<td>Pinocle</td>
</tr>
<tr>
<td>11:30 LUNCH</td>
<td>12:30 Line Dance</td>
<td>12:30 Pinocle</td>
<td>12:30 Party Bridge</td>
<td>12:30 Pinocle</td>
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</tr>
<tr>
<td>12 Bunco</td>
<td>12:45 SHIBA Counseling</td>
<td>6:30 Old Time Fiddlers</td>
<td>2 Caregiver Support (last Wednesday)</td>
<td>1 Line Dance</td>
<td></td>
</tr>
<tr>
<td>12:30 Ping Pong</td>
<td>1 Knitting Circle</td>
<td>3 Guitar</td>
<td>12:30 Ping Pong</td>
<td>3 Guitar</td>
<td></td>
</tr>
<tr>
<td>1 Art with Dottie</td>
<td>1 MAC SIG (2nd. Tue.)</td>
<td>6 Pinocle</td>
<td>2 Caregiver Support</td>
<td>6 Pinocle</td>
<td></td>
</tr>
<tr>
<td>2 Beg. Clogging</td>
<td>2 Vision Impaired Group (4th Tues)</td>
<td>7 Stamp Club (2nd &amp; 4th Tuesdays)</td>
<td>2 Caregiver Support (3rd Thursday)</td>
<td>7 Country Dance (2nd Friday)</td>
<td></td>
</tr>
<tr>
<td>3 Adv. Beg. Clogging</td>
<td>3 Guitar</td>
<td>8 Pickle Ball</td>
<td>7 Wire Wrap</td>
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<tr>
<td>5 Tai Chi</td>
<td>6 Twilight Bridge</td>
<td>4 Pickle Ball</td>
<td>7 Wire Wrap</td>
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*August 9 –4:30 SHIBA (State Health Insurance Benefits Advisors) 10:45 Fun Band Dancing

### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15 Reader’s Theater Rehearsal</td>
<td>8:45 Advanced Tai Chi</td>
<td>9 Beginning Line Dancing</td>
<td>9 Men’s Bridge</td>
<td>9 Quilting</td>
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<tr>
<td>1 Mahjong</td>
<td>9 Foot Clinic</td>
<td>10 Mexican Dominoes</td>
<td>9 Tai Chi</td>
<td>9 Tai Chi</td>
<td></td>
</tr>
<tr>
<td>3 Afternoon Tai Chi</td>
<td>10 Beginning Tai Chi</td>
<td>10 Line Dancing</td>
<td>11:30 LUNCH</td>
<td>11:30 LUNCH</td>
<td></td>
</tr>
<tr>
<td>10 Tune In, Tune Up</td>
<td>10 Quilters</td>
<td>12:30 Cribbage</td>
<td>12:30 Line Dance</td>
<td>12:30 Pinocle</td>
<td></td>
</tr>
<tr>
<td>12:30 Lunch &amp; Learn</td>
<td>6:30 Bingo</td>
<td>1 Intro to Story Telling</td>
<td>1 Line Dance</td>
<td>3 Guitar</td>
<td></td>
</tr>
<tr>
<td>3:30 Parkinson’s sing-a-long</td>
<td>August 9</td>
<td>1 SVC History Class</td>
<td>6:30 Old Time Fiddlers (1st Friday)</td>
<td>6:30 Old Time Fiddlers (1st Friday)</td>
<td></td>
</tr>
<tr>
<td>4:45 Yoga for 50+</td>
<td>August 1</td>
<td>1 Reiki Treatments</td>
<td>7 Country Dance (2nd Friday)</td>
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</tr>
</tbody>
</table>

### Dates and Times of All Scheduled Events are Subject to Change. It’s Always Advisable to Call to Confirm.

**Your Exclusive Invitation to Celebrate Better Hearing Month**

- Participate in a 2-week trial to explore revolutionary hearing technology.
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  2. Free professional audiologist review session on your question and answer session on hearing loss
  3. Free **50% OFF** on hearing aids: Purchase Hearing Aids cash discount of **$399 PER HEARING AID**
  4. **Free** one-on-one hearing loss consultation

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**Freeland**

- 1.888.402.3807
- [ConnectHearing.com](https://ConnectHearing.com)

**August 9**

1. Getting Ready for Medicare
2. Alzheimer’s & Dementia Caregivers Support Group
3. Parkinson’s Support Group

---

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

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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 or sale items. Not valid on prior sales)
Seattle Mariners vs. Baltimore Orioles, price includes ticket in section 241 row 8 or 9 seats 1-10.

**THE EVERGREEN STATE FAIR**

*Member: $35 • Non-Member: $50*

It will be a fun filled day of food, animal, 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*

*8 AM – 5:30 PM*

*Member: $85 • Non-Member: $95*  

Sign-Up Deadline: Monday, August 28

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 meat-ball 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 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 West Coast 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 Graffe, who was due in May-July with her first baby. Showing at 12:30-4:00PM See Yola, a 1 year old Springbuck and her mom Jaya. And don’t forget to see the Humboldt 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**

*Friday, August 11, 2017*

*8 AM – 5 PM*

*Member: $115 • Non-Member: $130*  

Tour includes: 90 minute walking tour, family-style lunch (included in the cost). After our morning tour, we will enjoy a family-style lunch (included in the cost). After lunch in town, visit the Wing Luke museum on your own, visit the Tisei Chong Cooke 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.
with an elevation gain less then 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.

**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 7:50 AM

Member: $55 • Non-member: $65

(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: $50 • Non-member: $55

(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.

**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: $55 • Non-member: $45

**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. Last stop will be Black Bear Organic Yogurt for a treat.

Bring money for food and purchases. 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-decor, 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: $60 • Non-member: $65

(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 gruffle 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.

**SUMMER TRAVEL LOG**

**ISLAND TRAVEL 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**

<table>
<thead>
<tr>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
<td>1 Salad Bar w/ Variety of Vegetables</td>
<td>2 Spinach Lasagna w/ Marina</td>
<td>3 Chef’s Choice</td>
<td>4 Chef’s Salad w/ Turkey, Ham, Egg</td>
</tr>
</tbody>
</table>

**WEEK 2**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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</thead>
<tbody>
<tr>
<td>7 Orange Chicken &amp; Fried Rice</td>
<td>8 Supreme Pizza</td>
<td>9 Crispy Fish &amp; Chips</td>
<td>10 Chef’s Choice</td>
<td>11 Southern Oven Baked Chicken</td>
</tr>
</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 Four Cheese Ziti Bake</td>
<td>15 Club Sandwich w/ Turkey, Ham, Cheese</td>
<td>16 Beef Satay w/ Peanut Sauce</td>
<td>17 Chef’s Choice</td>
<td>18 Hawaiian Chicken w/ Sauce</td>
</tr>
</tbody>
</table>

**WEEK 4**

<table>
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<tr>
<th>Mon</th>
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<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
<td>21 Tortilla Soup &amp; Southwest Slaw</td>
<td>22 Salad Bar w/ Variety of Vegetables</td>
<td>23 Mandarin Orange Chicken Salad</td>
<td>24 Chef’s Choice</td>
<td>25 Teriyaki Meatballs w/ Rice</td>
</tr>
</tbody>
</table>

**WEEK 5**

<table>
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<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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<th>Fri</th>
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</thead>
<tbody>
<tr>
<td>28 French Dip w/ Au Jus</td>
<td>29 Best Ruenben Sandwich</td>
<td>30 Garlic Rosemary Chicken Breast</td>
<td>31 Chef’s Choice</td>
<td></td>
</tr>
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</table>
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 22</td>
<td>Mission of the Help House&lt;br&gt;North Whidbey Help House Executive Director Jean Wieman&lt;br&gt;The mission of the Help House is to provide assistance to those in need in our community in an impartial and dignified manner.</td>
</tr>
<tr>
<td>Sept. 26</td>
<td>Fall Prevention with Walking Poles&lt;br&gt;Dawna Gien, Doctor of Physical Therapy</td>
</tr>
</tbody>
</table>

**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!

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Aug. 1</td>
<td>The Hidden Treasures of Island Beach Access&lt;br&gt;Mike McCay, Island Beach Access&lt;br&gt;Explore little known options for beach access.</td>
</tr>
<tr>
<td>Aug. 8</td>
<td>Stay Safe with Puget Sound Energy&lt;br&gt;Walt Blackford, Community Services Manager&lt;br&gt;Electric and gas safety, back-up generator basics, energy efficiency programs and more.</td>
</tr>
<tr>
<td>Aug. 15</td>
<td>Internet for Dummies&lt;br&gt;Skye Dunn, Communications Manager, ISR&lt;br&gt;How to ‘search’ online, email vs. messaging vs. texting, how to make your web-browsing safer, and virus/malware protection.</td>
</tr>
<tr>
<td>Aug. 22</td>
<td>Saving Money by Using Technology – What are my choices?&lt;br&gt;Skye Dunn, Communications Manager, ISR&lt;br&gt;Topics will include streaming video, a comparison of different media/movie/tv applications and devices, eliminating long distance phone charges, and online shopping options.</td>
</tr>
<tr>
<td>Aug. 29</td>
<td>Our Resource-filled Sno-Isle Library System&lt;br&gt;Diana Carter, Freeland Library&lt;br&gt;Mining for the plethora of resources available through the library.</td>
</tr>
</tbody>
</table>

**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@islandseniorresources.org

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Aug. 2</td>
<td>BINGO!&lt;br&gt;Come play Bingo! Aging &amp; Disability Resources will also be available 11:30 a.m. to 1:30 p.m.</td>
</tr>
<tr>
<td>Aug. 16</td>
<td>Bank Fraud&lt;br&gt;Anne Bobinac, Heritage Bank, will speak about bank fraud and other scams.</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>Skin Screening&lt;br&gt;Family Dermatology will do individual skin screenings on site. Wear comfortable clothing. First come, first serve.</td>
</tr>
<tr>
<td>Aug. 30</td>
<td>Breakthroughs in Eye Care&lt;br&gt;Dr. Johnson, Island Eye Care will discuss the newest eye procedures, including no eye-drop cataract surgery.</td>
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</tbody>
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**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 enrichment 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 came in early to pick him up. Those times at the Time Together are his happiness. 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

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**OAK HARBOR**

360.679.1535

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360-321-5965

nicelydonehome@whidbey.com

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www.whidbeyweekly.com
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 hard 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 are 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.

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.

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!

CELEBRATE SENIORS!

Monday, August 21 is SENIORS CITIZEN DAYS

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

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

SUMMER HILL nurtures your growth!

Whidbey Vision Care

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

SummerHill Assisted Living

Freeland
1690 Main Street Ste 103
360.331.8424

Oak Harbor
380 SE Barrington Drive
360.675.2235

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**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 S.R. 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.

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**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 widower(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. More information call 360-321-1600 ext 0.

**Island Senior Resources (Bayview)**  
14595 S.R. 525, Langley, WA 98260

**Thursday, August 10, 1 PM**

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**August Specials at Senior Thrift**

5518 Woodard Avenue, Freeland WA 98249 • 360-331-5701

**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!**

---

**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.

---

**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**, (360) 321-1600, (360) 678-3373 • www.senior-resources.org
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 donate your time?
  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!

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 Trust-Sand State Park. This month you will find:

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.

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There’s no place like home...
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 friendship. 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 on a basket by the door. And what goes unsold, inedible, or spoils is composted or offered to friends,” said Terra.

Another multigenerational experience in this conversation as we grow, prepare, and share.

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.