Debunking the Myths of Older Adult and Falls

September 22, 2017, the first day of fall, marks the 10th annual National Falls Prevention Awareness Day. Originated in 2008, by the National Council on Aging’s Falls Free® initiative, this effort aims to educate the public about programs to help communities, organizations, businesses, and older adults and their families fight back against falls.

Many people think falls are a normal part of aging. The truth is, they’re not. Most falls can be prevented—and you have the power to reduce your risk.

The Oak Harbor Senior Center will host a ‘Falls Prevention Fair’ Thursday, September 21, from 9:00 AM to noon. Representatives from local agencies will be here to provide education, resources, and sample classes directed toward falls prevention.

In the meantime, test your falls prevention understanding with these 10 common myths—and the reality—about aging, falls, and how to fight back against falls.

**Myth 1:** Falling happens to other people, not to me.
**Reality:** Many people think, “It won’t happen to me.” But the truth is one in four older adults fall every year in the U.S.

**Myth 2:** Falling is something normal that happens as you get older.
**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3:** If I limit my activity, I won’t fall.
**Reality:** Some people believe the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

**Myth 4:** As long as I stay at home, I can avoid falling.
**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

**Myth 5:** You have to have age-related health issues to fall.
**Reality:** The majority of falls occur due to environmental factors and not age-related health problems. Common causes include low vision, sleep disorders, and weakness.

**Myth 6:** I need them for my family or friends.
**Reality:** Senior Centers are happening places for graying adults, their younger family and friends, and the occasional lonely soul.

**Myth 7:** The senior centers I know are here to provide education, resources, and sample classes directed toward falls prevention.
**Reality:** Senior Centers are gathering a wide span of people and interests into community settings with something for everyone and a welcome thrown wide for inclusion, entertainment, exercise, stimulation, life-long learning, travel, services, meals, and resources. Senior Centers are happening places for graying adults, their younger family and friends, and the occasional lonely soul.

**Myth 8:** Social interactions are good for mental health, but not physical activity.
**Reality:** The opposite is true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active.

**Myth 9:** It’s perfect for me, it’s just the place to have lunch and then I got interested in all of the activities.
**Reality:** My activities are what I want them to be.

**Myth 10:** It’s too late for me; I’m too fragile to fall.
**Reality:** Some people believe the best way to prevent falls is to stay at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

In the meantime, test your falls prevention understanding with these 10 common myths—and the reality—about aging, falls, and how to fight back against falls.

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**By Christina Baldwin**
Board Member, Island Senior Resources

September is National Senior Center Month sponsored by the National Council on Aging. So, I decided to stop in and see what our island’s senior centers were all about. The idea of a “senior center” conjured a certain picture in my mind, a place not quite for me, at least not yet. What I found was quite, quite different.

When I drove into the parking lot of the Oak Harbor Senior Center my first hint of its busyness was a full parking lot! The first “senior” I saw sitting in the reception area was a boy about seven years old. Ah, yes, I remembered, this senior center is also a US passport application site. He and his family must be headed abroad. A rousing Bunco game was occurring in the open dining room, and the bells of the rounds were accompanied by groans and roars from a ping-pong tournament in the next room. I’m just guessing, but the age range (not including the boy) looked to be fifties to eighties, each focused on the activity that drew them here. There were calendars on the walls of events and classes I could join in, announcements ofintriguing trips to entice me, meals I could eat with others, and support groups scheduled should I need them for my family or friends. No lonely souls here. Everyone was involved in “doing,” and cultivating this special community of friends.

That’s what Senior Centers are for: gathering a wide span of people and interests into community settings with something for everyone and a welcome thrown wide for inclusion, entertainment, exercise, stimulation, life-long learning, travel, services, meals, and resources. Senior Centers are happening places for graying adults, their younger family and friends, and the occasional lonely soul.
The Living Well with Chronic Conditions workshop is designed to help individuals who have an ongoing condition (such as diabetes, asthma, heart disease, chronic pain, arthritis, and hypertension) improve their quality of lives. The Living Well with Pain workshop is designed for people who experience chronic or on-going pain, are often exhausted from the pain, lack energy, and feel isolated with a lack of control.

Both classes provide tools, information, and strategies to help those with pain or a chronic condition cope with daily struggles. Mutual support in a caring and trusted environment and success build the participants’ confidence in their abilities to manage their health and maintain active, fulfilling lives.

Participants learn to reduce stress and frustration, manage symptoms, set 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 motivation to manage the challenges of living with a chronic health condition. Family members, friends, and caregivers can also participate.

These 6-week workshops offered by Island Senior Resources are FREE! You will also receive the book “Living a Healthy Life with Chronic Conditions” or “Living a Healthy Life with Chronic Pain” to use during both workshops. At the end of the workshop you will have the opportunity to purchase the books, if you choose.

**LIVING WELL WITH CHRONIC CONDITIONS**

The Oak Harbor Senior Center (In Modular Building)

Thursdays, Sept 28 – Nov 2, 1–3:30 pm

LIVING WELL WITH PAIN

Coupville Library (In Meeting Room)

Wednesdays, Sept 20 – Oct 25

Registration is required and class size is limited. Please contact Debbie Netz, 360-321-1621 to register for either or both classes.

For more information, contact Debbie Netz. (360) 321-1600 or 360-678-3373

**Free Living Well Workshops offered this Fall!**

Please contact Island Senior Resources if you are interested in applying to join the Board. (Special interest in north-island applicants).

**Island Senior Resources (Bayview)**

14594 SR 525

Langley, WA 98260

**Oak Harbor Senior Center**

(360) 321-1600 or (360) 678-3373

51 SE Jerome St

Oak Harbor, WA 98277

**Camano Center**

(360) 321-1600 or (360) 678-3373

5518 Woodard Ave

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**

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Please contact Island Senior Resources if you are interested in applying to join the Board. (Special interest in north-island applicants).
Hike for Seniors
A Fundraiser for Island Senior Resources

Anne Hayden and Sheila Belanger are young island seniors who will hike 160 miles of the magnificent Pacific Crest Trail this month to honor life milestones: Sheila is turning 60 and Anne turned 65 earlier this year. The hike is a fundraiser for Island Senior Resources. To support seniors, Anne and Sheila's goal to be healthy and active, you can pledge any amount per mile or a set amount.

To make a pledge, email hike4seniors@senior-resources.org/donate
To donate a set amount, visit www.senior-resources.org/donate

Show up—the door is open wide. Discover what I did. Senior centers are for all of us. Read Island Times each month for the complete story of what's happening at the Oak Harbor Senior Center and at Island Senior Resources (Bayview). For up-to-date information on Island Senior Resources please visit: www.senior-resources.org or call (360) 321-1600 or (360) 678-3373. For information on the Oak Harbor Senior Center call: (360) 279-4580.

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Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Our caring community has a generous heart and we recently had a special opportunity to share our appreciination for the many who help us help others. On Thursday, July 13th, Island Senior Resources treated our volunteers to a luncheon to share our appreciation of their amazing and vital contributions to the programs that we offer. We couldn’t do what we do without them. Over 100 volunteers attended and enjoyed a salmon and chicken BBQ, listened to the music of local folk legends, Steve Showell and Joanne Rouse and had an opportunity to share their volunteer experiences.

The luncheon was supported by our local community who honor and appreciate the hard work of our volunteers. Hanson’s Building Supply donated $200 to offset food costs, Maple Ridge provided dessert, Bruce Grimm supplied his BBQ, Ken Keiling and Keith French cooked the salmon and chicken. Goose-foot provided flowers at a significant discount, and Skagit Farmer’s Supply donated straw bales for decor for our western motif. Thank you all!

We are grateful for our volunteers and our community for all you give, every day. You help Island Senior Resources provide support needed by thousands each year so they can continue as vital, vibrant participants in our precious and beautiful Whidbey Island community.

Interested in volunteering? Come join us we need you! In whatever ways you want to help, there is a place for you. Be a part of making a difference!
ISR OPEN HOUSE
THURSDAY, SEPTEMBER 28, 3-6PM
14595 SR 525, Langley, WA 98260 • (360) 321-1600 • (360) 678-3373

Learn about resources, activities, and volunteer opportunities!
Talk with knowledgeable staff about your needs and interests! Learn about our valuable resources and programs:
• Family Caregiver Support
• Aging & Disability Resources
• Nutrition: Meals on Wheels and Community Meal Sites
• Time Together Adult Day Services and Respite
• Medical Transportation and Volunteer Services
• CamBey Apartments • Senior and Adult Disabled Low-Income Housing
• Senior Thrift

• SHIBA (Statewide Health Insurance Benefits Advisors): Medicare guidance
• Case Management for Medicaid In-Home Care
• Senior Center, Activities, Classes, & Trips

Meet new people. Explore social opportunities, trips, meals, classes, discussions, music, theater, and more. Discover us.
Island Senior Resources is a great place for you, your family, and friends.
We have a variety of volunteer opportunities for all talents and schedules. You have so much to offer and we need you!
Light refreshments will be provided. Attendees will be entered into a raffle for exciting prizes!

ISLAND SENIOR RESOURCES WILL BE CLOSED
MONDAY, SEPTEMBER 4, FOR LABOR DAY

THURSDAY, SEPTEMBER 28, 3-6PM
14595 SR 525, Langley, WA 98260 • (360) 321-1600 • (360) 678-3373

Learn about resources, activities, and volunteer opportunities!
Talk with knowledgeable staff about your needs and interests! Learn about our valuable resources and programs:
• Family Caregiver Support
• Aging & Disability Resources
• Nutrition: Meals on Wheels and Community Meal Sites
• Time Together Adult Day Services and Respite
• Medical Transportation and Volunteer Services
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• SHIBA (Statewide Health Insurance Benefits Advisors): Medicare guidance
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ISLAND SENIOR RESOURCES
14594 SR 525, Langley, WA 98260
Contact: Mel Watson, 360-321-1623
Alzheimer’s & Dementia Caregivers Support Group 1
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
Island Senior Resources
14594 SR 525, Langley, WA 98260
Contact: Mel Watson, 360-321-1623
Alzheimer’s & Dementia Caregivers Support Group 1
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

Welcome to CamBey!
• 50 pet-friendly* apartment homes for low income seniors and disabled adults
• Secured entry
• Congregate lunch four days per week
• Indoor mailboxes
• On-site laundry facilities
• Across from WhidbeyHealth Medical Center and on the bus line

Call 360-321-1600 or 360-678-3373 to schedule your personal tour

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 360-279-4586 (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
360-678-2486 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:45 am

HILLSIDE EVANGELICAL FREE CHURCH
874 Plantation Drive, Greenbank, WA 98253
360-222-3211
Meals served Wed, noon

WEEK 1
Fri 1 Taco Salad

WEEK 2
Mon 4 Holiday- Meal Sites Closed
Tues 5 Grilled Cheese & Tomato Soup
Wed 6 Chile Relleno Bake
Thurs 7 Chef’s Choice
Fri 8 Turkey Chili w/Vegetables

WEEK 3
Mon 11 Salmon Caesar Salad
Tues 12 Salad Bar w/Variety of Vegetables
Wed 13 Chicken Alfredo Fettuccinni
Thurs 14 Chef’s Choice
Fri 15 Shepherd’s Pie

WEEK 4
Mon 18 Swedish Meatballs
Tues 19 Egg Salad on Croissant & Soup
Wed 20 Spaghetti & Meatballs
Thurs 21 Chef’s Choice
Fri 22 Beef Stroganoff w/Mushrooms

WEEK 5
Mon 25 Pulled Chicken On Bun
Tues 26 Salad Bar w/Variety of Vegetables
Wed 27 Beef Stew w/Carrots & Potatoes
Thurs 28 Chef’s Choice
Fri 29 Turkey Pot Pie Bake

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WOODLAND PARK
8 AM – 5 PM
Member: $40 Non-Member: $55
The Woodland Park Zoo in Seattle has a beautiful natural setting and is nationally recognized and acclaimed as being one of the best. Visit Tufani, a mother Giraffe, who was due in May-July with her first baby. (Showings at 12:30 PM – 4 PM) See Yola, a 1 year old gorilla and her mother. 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 locks) 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.

WOODLAND PARK ZOO
Wednesday, September 6
8 AM – 5 PM
Member: $40 Non-Member: $55
The Woodland Park Zoo in Seattle has a beautiful natural setting and is nationally recognized and acclaimed as being one of the best. Visit Tufani, a mother Giraffe, who was due in May-July with her first baby. (Showings at 12:30 PM – 4 PM) See Yola, a 1 year old gorilla and her mother. 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 locks) 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.

CASCADE LOOP WITH OVERNIGHT IN CHELAN
Thursday, September 7 & Friday, September 8
8 AM, Thursday – 5 PM, Friday
Member: Single $420 Shared $190 Non-Member: Single $280 Shared $230
Highlights include Stevens Pass Greeter entering. Price includes transportation. Entrance fee and lunch on your own.

EXPLORE MT. BAKER
Wednesday, September 7
8 AM – 4:30 PM
Member: $40 Non-Member: $55
September is a perfect time for a drive to Mount Baker among the fall foliage. We will go to Artist Point, located at the very end of Mount Baker Highway, which boasts 360-degree views of Mount Shuksan and Mount Baker, as well as a variety of trails. A paved path to a scenic viewpoint makes the beginning of this trail universally accessible. Of the multiple hiking options, the Artist Ridge – Hunter Point trail is 1.2 miles roundtrip with an elevation gain of 200 ft and is a very easy, popular hike. Sit and enjoy the views, or take a hike! After spending time at Artist Point we will return to Oak Harbor via Bellingham where we will make a stop for lunch on your own.

BRITISH PANTRY
Monday, October 16
8:30 AM – 4 PM
Member: $38 Non-Member: $53
It is that time again when we need to stock up for the holidays. Like figgy pudding, cheap wine and lots of homemade crafts for holiday gifts. We will have lunch at the British Pantry (not included in trip price) and saunter over to shop at Trader Joe’s and Ben Franklin.

ANDRE RIEU
Saturday, October 28
2 PM – 2 AM (Sunday October 29)
Member: $115 Non-Member $130
Andre Rieu is a musical phenomenon and one of the biggest solo male touring artists in the world. Performing with his 60-piece Johann Strauss Orchestra (the largest private orchestra in the world) his concerts are filled with surprises and laughter – it’s the only concert in which you can waltz in the aisles! The show includes waltzes, show tunes, movie scores and some of the world’s finest soloists.

EXPLORE MT. BAKER
Wednesday, September 7
8 AM – 4:30 PM
Member: $40 Non-Member: $55
September is a perfect time for a drive to Mount Baker among the fall foliage. We will go to Artist Point, located at the very end of Mount Baker Highway, which boasts 360-degree views of Mount Shuksan and Mount Baker, as well as a variety of trails. A paved path to a scenic viewpoint makes the beginning of this trail universally accessible. Of the multiple hiking options, the Artist Ridge – Hunter Point trail is 1.2 miles roundtrip with an elevation gain of 200 ft and is a very easy, popular hike. Sit and enjoy the views, or take a hike! After spending time at Artist Point we will return to Oak Harbor via Bellingham where we will make a stop for lunch on your own.

FALL ADVENTURE TO HARRISON HOT SPRINGS IN B.C.
Tuesday, October 24 through Thursday, October 26
Member: Single $410 Double $295 Non-Member: Single $450 Double $335
*Passport/Passport ID/Enhanced License Required*
Join us for a 3 day, 2 night, adventure to Harrison Hot Springs in British Columbia, Canada. The Harrison Hot Springs Resort is located on the shores of Harrison Lake, making it 1,000 square feet larger than the old store. A larger restaurant serving their famous Swedish meatballs and apple cake will be open. The new store also includes the latest rooftop solar system which will provide electricity for the store. The solar system generates enough electricity to power 131 homes for 1 year! The demolition of the old store with a new larger parking lot was completed this past summer. Let’s enjoy an entire day shopping and eating!

ALDERWOOD MALL
Friday, November 17
8:30 AM – 6 PM
Member: $35 Non-Member: $50
Christmas is around the corner! Alderwood Mall has great stores to find that special present for your family and friends. Enjoy lunch at PF Chang’s or other family-style lunch, all day entrance to the museum on your own, visit the Tsue Yola, a 1 year old gorilla and her mother. 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 locks) 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.

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

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Dr. Kristine Jarrell
Board-Certified Audiologist

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**BRUNCH AT MATLBY’S CAFÉ AND FLOWER WORLD**

Wednesday, November 29

9:30 AM – 10:30 PM

Member: $35 • Non-Member: $50

Matlby’s Café in Snohomish, WA is known for their great food! They serve breakfast all day with a large selection of burgers, sandwiches, desserts and their famous Cinnamon Rolls. We will be enjoying Brunch at their cafe with a booked res-ervation at 11 AM. Price of trip does not include brunch. Afterwards, we will visit Flower World which has a huge Christmas display where we can enjoy and purchase poinsettias, Christmas plants and other items.

**MYSTERY LUNCHES**

Tuesday, September 12

(extended - $25-$40)

Thursday, October 12

Wednesday, November 8

Tuesday, December 12

Members: $20 • Non-members: $35

Price includes transportation, but not the cost of lunch.

**CASINOS**

**QUIL CEDA CASINO & TULALIP OUTLET MALL**

Monday, September 11, 2017

Cost: $27

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

**SEVEN CEDARS CASINO**

Tuesday, October 17

7:30 AM – 5 PM

Casino goers – getting tired of the same old, same old? Let’s try something a bit different. Let’s try a trip to Sequim to the 7 Cedars Casino. We will ferry to Port Townsend and then enjoy a scenic drive to Seven Cedars.

**TULALIP CASINO & OUTLETS**

Monday, November 6

9 AM – 5 PM

This casino offers the most bang for your buck in the way of reward points. They always welcome us with discounts on food and slot credits.

**HERITAGE OF AMERICA APRIL 20-29, 2018**

**Trip Presentation:**

Tuesday, September 12, 10:30 AM

at the Oak Harbor Senior Center

Double: $3,549 • Single: $4,649

Includes roundtrip air from Seattle, lodging, hotel transfers and 14 meals. Relive the birth of the United States for 11 days in Madrid, Seville, Valencia and Barcelona. Informational presentation in February 2018.

**WOLF HAVEN INTERNATIONAL AND SANDSTONE DISTILLERY**

Saturday, September 30

Leave Bayview Hall 7:50 AM

Leave Mukilteo 9 AM

Return Mukilteo 6 PM

Member: $65 • Non-member: $70

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 to on the award-winning Sandstone Distillery for a private tour and tasting. One last stop will be Black Bear Frozen Yogurt for a treat. Bring money for food and purchases. Wear comfortable, weather appropriate clothing and walking shoes.

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### Oak Harbor Senior Center Activities 360-279-4580

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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>9 Quilting</td>
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<td>9 Mexican Ton</td>
<td>11 Chess</td>
<td>9:30 Enhance Fitness</td>
<td>11:30 LUNCH</td>
<td>9 Tai Chi</td>
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<td>11:30 Chess</td>
<td>12 Line Dance</td>
<td>12:30 Party Bridge</td>
<td>12:30 Ping Pong</td>
<td>11:30 LUNCH</td>
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<tr>
<td>12:30 Ping Pong</td>
<td>Art with Dottie</td>
<td>9:30 Enhance Fitness</td>
<td>12:30 Caregiver Support</td>
<td>12:30 Piano</td>
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<tr>
<td>1 Wedge, Clogging</td>
<td>Adv. Beg. Clogging</td>
<td>11:30 LUNCH</td>
<td>12:30 Caregiver Support (3rd Thursday)</td>
<td>1 Line Dance</td>
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<td>1 Tai Chi</td>
<td>7 Stamp Club</td>
<td>2 Caregiver Support (last Wednesday)</td>
<td>3 Guitar</td>
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<td>4 Pickle Ball</td>
<td>6:30 Old Time Fiddlers</td>
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### Island Senior Resources (Bayview) Activities 360-321-1600 or 360-678-3373

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<tr>
<td>10 Time Together</td>
<td>8:45 Advanced Tai Chi</td>
<td>9 Beginning Line Dancing</td>
<td>8:30 Men’s Bridge</td>
<td>9 –4:30 SHBA (State Health Insurance Benefits Advisors)</td>
<td>11:45 Birthday cake and Party (all are welcome)</td>
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<tr>
<td>11:45 Lunch</td>
<td>9 Foot Clinic</td>
<td>10 Mexican Dominos</td>
<td>9:30 Yoga</td>
<td>9 Tai Chi</td>
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<tr>
<td>12:15 Reader’s Theater Rehearsal</td>
<td>10 Beginning Tai Chi</td>
<td>10 Line Dancing</td>
<td>9 Billiards</td>
<td>11:30 LUNCH</td>
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<tr>
<td>1 Mahjong</td>
<td>10 Time Together</td>
<td>10 Quilters</td>
<td>9 Lapidary</td>
<td>12:30 Ping Pong</td>
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<tr>
<td>3 Afternoon Tai Chi</td>
<td>10 Tune In, Tune Up</td>
<td>10 Time Together</td>
<td>11:30 LUNCH</td>
<td>12:30 Cribbage</td>
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<td>September 4</td>
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<td>11:45 Lunch</td>
<td>1 Intro to Story Telling</td>
<td>12:30 Ping Pong</td>
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<td>CLOSED FOR LABOR DAY</td>
<td>September 5</td>
<td>12:30 Lunch &amp; Learn</td>
<td>1 SVC History Class</td>
<td>1 Line Dance</td>
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<td></td>
<td>3:30 Parkinson’s sing-a-long</td>
<td>September 27</td>
<td>1 Reiki Treatments</td>
<td>3 Guitar</td>
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### Dates and Times of All Scheduled Events are Subject to Change. It’s Always Advisable to Call to Confirm.

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**Free Hearing Health Event**

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Join us for
LUNCH & LEARN

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

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

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

**Date** | **Topic** | **Presenter**
--- | --- | ---
Sept. 5 | Chronic Disease Self-Management | Debra Metz, Director Nutrition Program, Island Senior Resources. Learn how to live well while managing chronic diseases.
Sept. 12 | Support Options for Caregivers | Beth Rahn, Family Caregiver Support Specialist, Island Senior Resources. Explore the array of supportive options for caregivers.
Sept. 19 | Aging & Disability Resources Program | Chasity Smith, Director, Aging & Disability Resources Program, Island Senior Resources. Join us to learn how we can help you find the help and resources you need!

**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.

**Date** | **Topic** | **Presenter**
--- | --- | ---
Sept. 6 | BINGO! | Come play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.
Sept. 13 | Benefits of Hospice | Dorian King, Hospice of the Northwest will speak about the philosophy of hospice and its many services. Learn how this healthcare choice can optimize the quality of your everyday life and in many cases extend it.
Sept. 20 | Harp music by Deirdre Fairfax | Deirdre will be playing her harp and singing too.
Sept. 27 | Quality of Life | Joe McIntyre, Edward Jones Financial will present financial tips for seniors.

**OAK HARBOR SENIOR CENTER • 11:30 AM**

Bring your lunch to this FREE program.

**Date** | **Topic** | **Presenter**
--- | --- | ---
Sept. 6 | “Ask the Mayor” | Mayor Bob Severns, Oak Harbor. Special Edition Lunch & Learn for National Senior Center Month.
Sept. 26 | Falls Prevention with Walking Poles | Presented by Dawna Gien, Doctor of Physical Therapy

**BE A LUNCH AND LEARN PRESENTER**

Do you have a topic you are knowledgeable about? Would you like to present a Lunch & Learn? We would like to hear from you. Please call us at: 360-321-1600 or 360-678-3373 or email reception@islandseniorservices.org.

**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.

**Oak Harbor Senior Center**

- **51 SE Jerome St, Oak Harbor, WA 98277**
- **Saturday, September 16, 10 AM**
  - **Tuesday, October 24, 3 PM: Medicare 2018**
    - This workshop will focus on the changes to Medicare for 2018 as well as a brief overview of Medicare benefits. We will emphasize the medical plans (both supplemental and advantage) available on Whidbey Island as well as the drug plans available next year. SHIBA volunteers will cover all the information you need for Medicare's Open Enrollment Period. If you need help with a drug plan, bring an accurate, detailed list of your medications. Counselors will be available to help you after the presentation. SHIBA stands for Statewide Health Insurance Benefit Advisers, a program of the Office of the Insurance Commissioner.

**Island Senior Resources (Bayview)**

- **14594 SR 525, Langley, WA 98260** • For information call: 360-321-1600 ext 0
- **Saturday, September 28, 9:30 AM: Medicare 2018**
  - (see description above)
- **Thursday, October 26, 6:30 PM: Medicare 2018**
  - (see description above)

**Mediterranean Diet Workshop**

Enjoy a delicious Mediterranean meal followed by a free presentation. SHIBA stands for Statewide Health Insurance Benefits Advisers (SHIBA is a program of the Office of the Insurance Commissioner). Free. No pre-registration required.

**October 19th, 12 PM**

- **Island Senior Resources (Bayview)**
  - **14594 SR 525, Langley, WA 98260** • For information call: 360-321-1600 ext 0

**Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.**
Presidential Proclamation signed by President Ronald Reagan. In 2007, the National Institute of Senior Centers designated the entire month of September as Senior Center Month to give centers greater flexibility in scheduling celebratory events.

Make a plan to visit your local senior center this month. Here are some things you might discover about your senior center:

- Most Senior Centers are for anyone aged 50+
- You don’t have to be on Medicare to take advantage of all the great opportunities at your local senior center. Today, nearly 11,000 senior centers serve 1 million older adults aged 50+ every day.
- Approximately 70% of senior center participants are women. Three-quarters visit their center one to three times per week and spend an average of 3.3 hours per visit.
- Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.
- Senior centers offer more than just card games.
- Sure, cards are available (and fun and challenging). But most senior centers offer everything from trips and special events to fine arts and crafts, music and dance, lifelong learning, and fitness and health programs.
- Senior centers are a great place to get healthy. Health and fitness are where senior centers have really expanded in recent years. In addition to traditional programs like aerobics, yoga, and Tai Chi, many senior centers now offer evidence-based health programs that have been scientifically proven to make people healthier.

Celebrate National Senior Center this September at the Oak Harbor Senior Center!

Become a member today to enjoy all the perks! Membership is $40 per year.

Door prize drawings at The Center throughout September:

- $100 grand prize drawing (NW Dental)
- $100 grand prize drawing (Connect Hearing, Inc.)
- $500 Gift Certificate toward any service offered at NW Dental
- Frightville Tickets (Boys and Girls Club)
- Goodie Bag (UPS Store)
- Season Flex Pass Tickets (Saratoga Orchestra of Whidbey Island)
- Gift Basket (Positively Linked)

If you have a talent you would like to share by volunteering or leading a program at Oak Harbor Senior Center please contact Liz Lange 360.279.4583 (llange@oakharbor.org)

SHARE YOUR TALENTS: VOLUNTEER AT OHSC

Travel Escort – If you like to explore your surrounding areas and have ideas for day or overnight trips that would be enjoyable for adults 50+ years of age, this is a perfect fit! Travel escorts work with the program coordinator to arrange day trips and act as a group leader for the excursion. The travel escort receives free admission for the trip.

Event Planning Committee – If you enjoy planning events and parties this is for you! Help develop and execute events at the senior center.

Walking/Grouping Group Leader – If you are out walking regularly and would enjoy inviting others to join you, please contact us about leading a walking or trail group.

If you have a talent you would like to share by volunteering or leading a program at Oak Harbor Senior Center please contact Liz Lange 360.279.4583 (llange@oakharbor.org)
Coming of Age in America 
Documentary Screening & Discussion

Thursday, October 5 & 12, 12:30 PM
(light luncheon provided)
Oak Harbor Public Library 
(Sno-Isle Library)

What will it mean for us all to grow up, live and age in a society where half the citizens are over the age of 50? Never in human history has this been our reality. And it’s not just Americans. Europe, China, Japan – we are an aging globe. It’s new & it’s not temporary this is a permanent historic transformation.

Coming of Age in Aging America is a PBS documentary broadcast, multi-platform media and public engagement project that urges a national conversation about our new reality. We will be screening the film in two parts and holding a community dialog.

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Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can’t be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss which increases risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

For more information about falls prevention and other important topics, visit the National Council on Aging website at: www.ncoa.org/FallsPrevention.

And don’t forget to join us for the Oak Harbor Senior Center “Falls Prevention Fair” September 21!!