Welcome to May and gifts from the garden

Barry Wenaas, Program Assistant, Oak Harbor Senior Center

Welcome to the month of May. Spring is here, the flowers are blooming, the bees are buzzing and the bugs are very active and the hummingbirds are bustling out and letting everyone know it is a very busy time of the year. We have so many ways we can gain from gardening – let me give you just a few: we have fragrant surroundings, places with color, peaceful conversation, a kaleidoscope of flowers, one can listen to the birds and gardening celebrates the circle of life.

In the middle of May, we celebrate National Brown Bag Day – it always falls on May 25. The Brown Bag has been around for a very long time. We took our lunch to school or work in a brown bag, then the lunch bucket came into play and the brown bag fell by the way side. Busy Moms did not have time to pack good lunches and the brown bag fell by the way side. We took our lunches and enjoying the learning. On May 1, Puget Sound Energy will focus on electric and gas safety and if only for a day, and brown bag your lunch. On May 25, it would be cool to go “retro, ” and the brown bag fell by the way side.

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Busy Moms did not have time to pack good lunches and school lunch pro- grams were initiated or expanded and it wasn’t a cool thing to bring your lunch. On May 25, it would be cool to go “retro, ” if only for a day, and brown bag your lunch. On May 1, Puget Sound Energy will focus on electric and gas safety and on May 22, there will be a presentation on May 22, there will be a presentation about Safety Line – medical alert services and medication dispensing system. All are welcome to these FREE presentations at the Oak Harbor Senior Center. Bring your lunch and enjoy the learning.

Have you ever had a lumpy rug? Well, I have had a lumpy rug, be thankful. If you have never appreciated a good rug, if you have never had a lumpy rug, be thankful. We celebrate Armed Forces Day the third Saturday in May, which will be May 19. Please give our troops and retirees a big THANK YOU for their service. August 31, 1949, then Secretary of Defense Louis Johnson announced the creation of Armed Forces Day. President Harry Truman also announced the holiday in a Presidential proclamation February 20, 1950.

Military Spouses Day is held the Friday before Mother’s Day. It is a day to honor

Mary Jo Morris and Judy Nelson enjoying a class of wine at the Art Show

National Wine Day is May 25

Opportunity to Nurture Widely:

Nature, nurture, and the merry month of May

By Christina Baldwin

Board Member, Island Senior Resources

When animals are eating our vegetables and flowers, even those plantings clearly marketed as “deer resistant” or “rabbit proof” we are not so fond of some of our nature neighbors. Dang deer are standing in ditches waiting to jump in front of our cars. Dang bunnies are eating everything in reach, so much, that Langley is now nicknamed “Bunnyville by the Sea.” These pesky island co-inhabitants cost us a lot of money in flowers, fencing, and fender-benders.

But… in the merry month of May, when their babies are emerging from under bushes and out of the woods, ahhhhhhhhh… they awaken a nurturing instinct inside us. People put up signs “Slow down for does and fawns!” or, “Drive as if your bunny lived here.” Adult deer and rabbits are both called bucks and does. Baby deer are called fawns. Baby rabbits are called kits. We know a group of deer is a herd but did you know a group of rabbits can be a “fluffle?” It’s hard not to just surrender to the cuteness factor!

I recently followed a pickup truck down Langley Road that exemplified this phe-nomenon. The driver, window down, seemed to be driving with one hand on the steering wheel, one raised fist, and shouting at several rabbits clustered at the crosswalk by the Fairgrounds. “Uh, oh, this guy is really mad,” I thought. ‘Any

QUESTION OF THE MONTH: WHAT WAS YOUR FIRST JOB AND HOW MUCH DID YOU MAKE?

Denise, 65
Freeland
"Receptionist at Boy Scouts of America. $300/month"

Bob Seppi, 84
Oak Harbor
“I worked as a laborer at the Ladd Air Force Base in 1950 making $2.47 an hour.”

Mary L., 75
Greenbank
“Sales and cashier at F.W. Woolworth in New York. $240/month”

Penny Holland, 75
Coupville
“My first job was at the Dairy Queen in White Center, WA while in college and I made very minimal wage. My first ‘real’ job I was hired on the spot with no application as a junior high math teacher in Concord, MA and made a salary of $4,800 a year.”

Debbie S., 65
Freeland
“Key Punch Operator at John Deere. $350/month”

Nature, nurture, and the merry month of May

By Christina Baldwin

Board Member, Island Senior Resources

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From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Whether I am at the Camano Center, Oak Harbor Senior Center, CamBey Senior Apartments, or Island Senior Resources (Bayview), I hear the same refrain from seniors and those that care about them, “I am so glad Island Senior Resources is here!” No matter what the need or what door of ISR one enters, we are here to help you! Our incredibly dedicated staff and volunteers go the extra mile to identify resources to meet the unique needs of each person. So, take time to review the list below and don’t hesitate to connect with us! We are here for you.

Island Senior Resources: We’re here to help you!

Do you have questions regarding resources for senior and adults with disabilities, their families, and caregivers? Island Senior Resources is your place for answers about all related services in Island County. We provide resources to you through our programs and services as well as help connect you to services provided by other agencies. We have people ready to meet with you and respond to your questions in a caring and compassionate environment.

At Island Senior Resources, we provide:

PROGRAMS AND SERVICES

• Nutrition (Community Meals, Meals on Wheels, liquid nutrition and nutritional counseling)

• Aging & Disability Resources

• Family Caregiver Support

• Tailored Supports for Older Adults

• Time Together Adult Day Services

• Medical Transportation

• Case Management for Medicaid In-Home Care

• Support Groups

• Footcare Clinic

• Lending Closet for Mobility Devices

COMMUNITY EDUCATION

• Powerful Tools for Caregivers, Chronic Disease Self-Management, Diabetes Self-Management, Living Well with Pain, Weekly Lunch & Learns, SHIBA Medicare Advising (State Health Insurance Benefits Advisors), Social Security Basics, and Legal Consults

SOCIAL OPPORTUNITIES

• Music, Theater, BINGO, Dominoes, Bridge, Mahjong, Exercise, Quilters, Walking Groups, Local Travel

OTHER

• Senior Thrift

• CamBey HUD Apartments for Seniors and Adults with Disabilities

• Room Rentals in Bayview

Call us. We are here to help you. 360-321-1600 or 360-678-3373.

For additional information, calendars, menus, and schedules visit our website at www.senior-resources.org. Some of our services are offered through the Oak Harbor Senior Center and Camano Center.

Tell Us What You Think!

Go to our website, www.senior-resources.org/feedback and tell us what you think. We are listening.

• What are we doing right?

• What can we do better to meet your needs?

• What can we do better to meet your needs?

• How can we improve?

• Do you donate to us? If so, why? If not, why not?

All feedback is confidential. If you wish us to reply, please leave us your phone number or email.

Community Member

“I just love knowing that I can come here and speak to an actual person who will help me get on the right track.”

Island Senior Resources, (360) 321-1600, (360) 678-3373 • www.senior-resources.org
NATURE continued from page 1

bunny that gets in his way is gonna be squished…” In the next two blocks, I watched the truck brake and swerve to avoid hitting what had, seconds earlier, been his nemesis. In May, with all the mommies and babies around, you don’t hit the fluffie!

In May, we focus on what emerges in spring beauty: baby animals, youthful exuberance, and growth spurs of all kinds—from grass to grandkids. We may even be inspired by all this cuteness and burst forth to feel more rejuvenated and youthful ourselves. The holiday that most commonly defines May is Mother’s Day. It can be a hard moment for those who are not mothers, or for whom mothering has been a journey of unresolved grief. So, I like to think of May as a time to both honor mothering and to expand our idea of what constitutes “mothering.”

The word mothering in the dictionary is: “The work or skill of being a mother, raising a child, or children.”

There is an implied quality of care and attention that resides within our emotional expectations of mothering. We can apply this care and attention to everything that is birthing in spring—from the unfurling shoots in the garden to how we interact with one another. The essence of mothering is nurturing, and nurturance comes in many forms.

With this understanding, Mother’s Day becomes an opportunity to support varieties of nurturance around us. I know a group of young fathers who take their children to one dad’s home, so the moms can meet at a different house and have an evening of support and conversation on the joys and challenges of this time in life. I have a friend who is taking care of another friend’s toddler, so the young mother has several hours a week to work on her creative projects.

To me, this extension of the concept of “mothering” encourages a happy commitment to reach out every day in little “spring-ish” ways: gathering a nosegay of flowers for a friend, weeding for an hour alongside an elderly acquaintance, making dinner for a family where the mom broke her leg, taking time to chat as new neighbors walk by, staying in touch with my family far away. This year, May 5th is both Cinco de Mayo, and Hearts and Hammers Workday, an annual South Whidbey event of community nurturing where hundreds of volunteers spend the day working for folks who need assistance around their properties. Guided by a House Captain who has built a relationship with the homeowner, teams tackle everything from a new roof, to painting, revitalizing yards and gardens, cleaning, and removal of unwanted items. All this is done in a companionable spirit of camaraderie. There is a long-established atmosphere to the day that is not about charity but is about “mothering”—providing that quality of care and attention that sustains all of us throughout our lives. This year I’m working on a crew. Some year, a crew may be coming to work with me. Meanwhile, back at the high school, teams are making dinner for all the helpers. That evening, there is a celebration of shared joy—for giving and receiving.

So, when thinking about how to extend little acts of attention and care, keep yourself on the list. “Mother” yourself with a treat to be long-remembered: a massage, a bouquet bought for yourself, a bit of indulgence, and self-love. It all goes ‘round and ‘round like a Maypole dance—and just don’t step on the fluffie!

WEB LINKS TO INFORM & INSPIRE…

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

This month you will find:

• 50 Great Self-Nurturing Ideas
• Love the Life You Live, Live the Life You Love (thank you Bob Marley)
• Seven Steps to Nurturing your Inner Self
• 8 simple Ways to Nurture Your Most Important Relationships

In addition to weblinks, this month we would also like to recommend a very special book:

• “Being My Mom’s Mom,” by Loretta Anne Woodward Veney an upbeat memoir of the years the author spent caring for her mother.

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.

MAY at SENIOR THRIFT

STORE HOURS
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249
360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

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

Saturday, May 12 20% off Jewelry
Sunday, May 13 25% off 1 item
Monday, May 14 15% off Toys
Saturday, May 26 20% off Furniture
Every Tuesday in May $0.99 T-shirts
Every Wednesday in May (except May 30) 20% off Hardware
Every Friday in May 25% off Books

CARE –
A Documentary Film
Tuesday, May 8
6:30 – 8:30 pm

Langley United Methodist Church
301 Anthes Ave (3rd and Anthes) Langley, WA 98260

Come see a compelling award-winning film which delves deep into the world of home care through the eyes of both paid caregivers and their adult clients. The film will be followed by a panel discussion.

Sponsored by Puget Sound Advocates for Retirement Action (PSARA), and co-sponsored by Island County Democrats, SIEU 775NW, South Whidbey at Home, and South Whidbey Friends of Friends Medical Support Fund.

For more information, email psaraedfund@psara.org or call Robby at 206-391-6998.

REGENCY ON WHIDBEY

• Independent Cottages
• Assisted Living
• Memory Care

1040 SW Kimball Drive
Oak Harbor
360-279-0933
www.regencywhidbey.com

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**Caregiver Challenges: Dementia Day-by-Day**

Knowledge and skills to help you care for those living with dementia

Facilitated by Kathleen Landel, The Caregiver Coach

This class includes video, slides, and hands-on skill training using the Positive Approach to Care™ (PAC) developed by Teepa Snow and taught by a PAC Certified Trainer.

**Thursday, June 14 • 1:30-3:30 pm**

Explore and learn to recognize the unmet needs that often cause challenging behaviors. Practice skills to assist with tasks such as eating, standing, and personal care.

*Space is limited. Registration is required. Reserve your spot today!* Cost: $15

Register at www.thecaregivercoach.info  • Email kathleen@thecaregivercoach.info

**Class will be held at Island Senior Resources (Bayview)**

14594 SR 525 (Just south of Bayview Rd), Langley, WA 98260

360-321-1600  • www.senior-resources.org

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**Thank you HomePlace!**

Thank you to HomePlace in Oak Harbor, who donated a basement-full of Durable Medical Equipment to Island Senior Resources and Care Coordinators from Northwest Regional Council. We received walkers, wheelchairs, bath benches, commodes, and canes, all of which will be made available, at no charge, to our clients who need them. If you have questions, please contact Celeste Fikejs, Island Senior Resources’ Case Management Supervisor, or your Case Manager, (360) 321-1600 or (360) 678-3737.

So far, this equipment has assisted a client recovering at home from a stroke, another client that has been in and out of the hospital for seizures and not quite on her feet, and a long-time client that was isolated in her home when her old walker did not function properly. This generous donation has allowed clients to remain in their homes and engage in the community as they wish.

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**Free Chronic Pain Workshop**

**LIVING WELL WITH CHRONIC PAIN**

1. **Oak Harbor Senior Center** (In Modular Building)
2. **Olympia**
3. **Yelm**

**Thursdays, May 3 – June 7 • 1-3:30 pm**

The Living Well with Chronic Pain workshop is designed specifically for people who experience chronic or ongoing pain, are often exhausted from the pain, low 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 more easily. 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 Oak Harbor Senior Center 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.

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**Compare Our CD Rates**

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<th></th>
<th>Annual Percentage Yield (APY)</th>
<th>Minimum deposit</th>
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<tr>
<td>3-month</td>
<td>1.65%</td>
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* APY: Annual Percentage Yield. Rates effective 6/1/19. CDs offered by Edward Jones are bank-issued, FDIC-insured. Additional fees may be added to the CD balance at the maturity date.

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**State In-Home Care**

**What is it? Am I eligible? How can I get it?**

An in-depth look at state-funded in-home care programs

Presented by: Monique Oliveira & Chasity Smith

**Join us to learn about free and reduced-in-home support!**

Obtaining help for yourself or a family member can be overwhelming.

- Are you providing hands-on care for a loved one?
- Perhaps you are finding yourself in need of personal care assistance?
- Are you concerned about the cost of in-home care?
- Are you wondering what kind of help is available?

Help is available. We can guide you.

Medicaid and/or Medicaid programs are available to provide care assistance, support, and equipment for those who are both financially and functionally eligible.

This presentation will offer an in-depth look at the eligibility, application process, and services available through the COPEs and ISDA in-whome care programs.

**Date:** Thursday, June 7th

**Time:** 1:30–3:30pm

**Location:** Oak Harbor Senior Center, 51 SE. Jerome St.

**Join us for this FREE presentation.**

Learn how these programs can support you.

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**Island Senior Resources**

**A Caring Community Resource**
Learn the Basics of Social Security

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

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 3.

Island Senior Resources (Bayview)  
14594 SR 525, Langley, WA 98260
Thursday, June 7 1:30 PM
Monday, July 16 1:30 PM
Wednesday, Sept 19 10:30 AM

Oak Harbor Senior Center  
51 SE Jerome St., Oak Harbor, WA 98277
Wednesday, June 20, 2 PM

Are You Getting Ready for Medicare?

Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Come attend a free seminar presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. FREE, no pre-registration required. For information, call 360-321-1600 ext 0.

This month, seminars will be held at:

**OAK HARBOR SENIOR CENTER:** 51 SE Jerome St., Oak Harbor, WA 98277
Tuesday, May 8 10 am

**COUPEVILLE LIBRARY:** 788 NW Alexander St., Coupeville, WA 98239
Wednesday, May 30 11 am

**ISLAND SENIOR RESOURCES (BAYVIEW):** 14594 SR 525, Langley, WA 98260
Thursday, June 7 10 am

Information will be provided on “basic” Medicare benefits as well as options for additional insurance(s). Medicare parts A and B will be discussed. We will also cover 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. Counselors will be available to answer brief questions following the seminar. The seminar is about 2 – 2.5 hours long.

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

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, Tues, Wed, Fri, 11:45 am

**BROOKHAVEN**
150 4th Street, Langley, WA 98260
360-321-1600
Meals served Mon, Tues, Wed, 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

**DRIVE SAFE DRIVE SMART**

Take the new AARP smart driver course

**Wednesday, May 2 • 8:30 am – 4 pm**
Oak Harbor Senior Center, 55 SE Jerome St

**Saturday, May 5 • 8:30 am – 4 pm**
Island Senior Resources (Bayview)

- Refresh your driving skills; understand the new rules of the road.
- Learn driving strategies to help you stay safe behind the wheel.
- This class may save you money on your car insurance.
- There are no tests to pass.
- Lunch not included.

Cost: $15 AARP members, $20 for non-AARP members. Registration required. Call 360-321-1600 or 360-678-3373.

**MENU - MAY**

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<th>WEEK 1</th>
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<tr>
<td>Tues</td>
<td>1 Tuna Melt &amp; Salad</td>
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<td>Wed</td>
<td>Turkey and Dumplings</td>
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<td>Sweet &amp; Sour Meatballs</td>
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<tr>
<td>Mon</td>
<td>Pork Fried Rice</td>
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<td>Tues</td>
<td>Salad Bar w/ Variety of Veggies</td>
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<td>Meaty Lasagna</td>
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<td>Chinese Chicken Salad</td>
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<td>Mon</td>
<td>Frito Pie</td>
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<td>Egg Salad on Croissant &amp; Soup</td>
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<td>Cheeseburger w/ Tomato &amp; Lettuce</td>
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<td>Fri</td>
<td>Beef &amp; Broccoli Stir Fry</td>
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<td>Mon</td>
<td>Chicken Tenders Basket</td>
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<td>Tues</td>
<td>Baked Potato Bar w/ Ground Beef</td>
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<td>Wed</td>
<td>Ham &amp; Potato Bake</td>
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<td>Sloppy Joes w/ Red Peppers</td>
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<td>Mon</td>
<td>HOLIDAY – Meal sites closed</td>
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<td>Tue</td>
<td>Best Reuben Sandwich</td>
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<td>Chicken Caesar Salad</td>
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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**

**May 1** Aging in Place
Chasity Smith, Director of Aging & Disability Resources, discusses benefits of “Aging In Place” and strategies to remain in the home or community of your choice. Aging in Place planning binders are available for a $25 suggested donation.

**May 8** Improving the Health of Puget Sound
Janet St. Clair, Executive Director for Sound Water Stewards will present the wonderful diversity of the Salish Sea, the importance of our shoreline estuaries, key impacts of our choices and behavior, and how we can make a difference to support a healthy and sustainable Puget Sound. Includes an overview of Sound Water Stewards and how to get involved.

**May 15** Your Chariot Awaits
Whether you want to reduce stress, save money, or have mobility issues, Island Transit can assist with your transportation needs. Maribeth Crandell from Island Transit will introduce all the new services and acquaint you with regular fixed route bus service.

**May 22** Introduction to Bonsai
Roger Hickman will present the history of bonsai and a demonstration of the art and science of bonsai. Roger has been a member of the Puget Sound Bonsai Association for 20 years.

**May 29** Volunteer Opportunities at Island Senior Resources
Join Executive Director, Cheryn Weiser, and learn about the many ways to volunteer at Island Senior Resources: Senior Thrift, Meals on Wheels, Meal Sites, Adult Day Services, and Medical Transportation.

**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**
--- | ---
May 1 | Electric and Gas safety
Presented by Walt Blackford of Puget Sound Energy. Walt will focus on, how electricity gets to Whidbey and how it is restored, home energy assessments, low-income assistance, and online self-service options.
May 8 | Online Banking for All Ages
Anne Bobinac, Whidbey Island Bank returns to explain online banking, the security levels provided, and how to setup your own account.
May 15 | Music with Heidi
Heidi Cope will present a musical experience not to be missed. Ask her about her nature-music encounters!
May 22 | Advanced Care Planning
Carla Jolly will be talking about Advanced Care Planning. She will talk about the Five Wishes Living Will, ways to deal with your health, and planning for you and your family.
May 29 | All About Recycling
Sarah Bergquist, WSU Extension, will explain what is recyclable and provide information on positive benefits from recycling efforts.

**OAK HARBOR FARMERS MARKET**

**Date** | **Topic**
--- | ---
May 12 | Artists’ Night
May 19 | Flower Festival

**AT THE COUPEVILLE HUB • WEDNESDAYS, 12:30 PM – NEW START TIME**

Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

**Date** | **Topic and Presenter**
--- | ---
May 9 | In-Home Alert Devices
Harold Cole will explain various in-home safety alert systems, the benefits of each and what you should ask when considering one.
May 16 | Online Banking for All Ages
Anne Bobinac, Whidbey Island Bank returns to explain online banking, the security levels provided, and how to setup your own account.
May 23 | Music with Heidi
Heidi Cope will present a musical experience not to be missed. Ask her about her nature-music encounters!
May 30 | Food Safety
Harold Cole will be speaking about Safety Line, a provider of medical alert services and medication dispensing systems.

**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.

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**Oak Harbor Senior Center, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373**
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

<table>
<thead>
<tr>
<th>MONDAY</th>
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<td>12-1pm: Beginner Pickleball</td>
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- **MONDAY**: 9:00 Yoga
- **TUESDAY**: 9:00 Yoga
- **WEDNESDAY**: 9:00 Yoga
- **THURSDAY**: 9:00 Yoga
- **FRIDAY**: 9:00 Yoga

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

<table>
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<th>MONDAY</th>
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- **MONDAY**: 8:45 Advanced Tai Chi
- **TUESDAY**: 8:45 Advanced Tai Chi
- **WEDNESDAY**: 8:45 Advanced Tai Chi
- **THURSDAY**: 8:45 Advanced Tai Chi
- **FRIDAY**: 8:45 Advanced Tai Chi

### VISITING WHIDBEY ISLAND?
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**Granville Island**

**Monday, May 7**

8:30 AM – 5:30 PM

Message: $47 • Non-Member: $60

Take a trip with us to Granville Island BC for great shopping, beautiful sights, amazing restaurants, and a good exchange rate!

**Three Nurseries and Lunch at the Trumper**

**Friday, May 11**

Depart: 8:45 AM – Return: 5 PM

Member: $30 • Non-Member: $40

It’s time for our annual Flower and Gardening event! Our first stop will be at the Orchard’s Nursery in Stanwood, WA. This nursery was a favorite last year! It has many wonderful plants and gardening ideas. Our lunch stop will be at the Trumper Restaurant in Mt. Vernon where we will have a reservation for our group. Lunch is on your own. After lunch we will stop at Skagit Valley Gardens, then onto Christensen’s Nursery on our way back to complete our spring-time fling!

**Wings over Washington and Lunch on the Pier**

**Wednesday, May 16**

Depart: 9:30 AM – Return: 5:30 PM

Member: $58 • Non-Member: $70

Take a ride in the state-of-the-art “flying theater” that will transport you on an aerial adventure above one of America’s most scenic and beautiful states, Washington. You will see amazing sights as you dive down the seaside cliffs through the morning mists of the Olympic National Forest and Mt. Rainier to the San Juan Islands and on to the spectacular beauty of the Cascades and the awe-inspiring Snoqualmie Falls to the white water rapids of the Tieton River and the kaleidoscopic wonder of the Walla Walla Valley Balloon Stampedede then back to Elliot Bay to bank around the Seattle Great Wheel as a sensational fireworks display begins and then slowly landing back to where the journey all began. After that enjoy a no host lunch from many of the wonderful options on the Pier including Ivar’s, Elliot’s Oyster House, Red Robin, The Crab Pot, Frankfurter, and many more! Price includes transportation and ticket.

**Silver Reef Casino**

**Monday, May 21**

Depart: 9 AM – Return: 5 PM

Member: $40 • Non-Member: $55

This is a Whidbey Island Adventure! We will begin in Langley at Comforts of Home Winery where we will begin our wine tasting, entrance into the gardens will begin in Langley at Comforts of Home Winery. This new family-owned winery sits on 22 beautiful acres and overlooks the Puget Sound. It has a large tasting room where we will savor an intimate wine tasting. Afterwards we will head over to Gordon’s on Blueberry Hill Restaurant in Freeland. We have a reservation and will delight over their exciting lunch menu. After lunch, we will drive to Meerkerk Rhododendron Gardens in Greenbank where a 1-1/2 hour guided Horticultural tour awaits. The gardens encompass 10 acres of land with 6 miles of leisurely walking trails. After the tour we will have time to explore the various paths, with many benches, where we can sit and take in the beauty of tens of thousands of daffodils, cherry trees, magnificient magnolias and rhododendrons with their symphony of color. This is a unique Whidbey experience. Wear comfortable walking shoes. Includes transportation, wine tasting, entrance into the gardens and the Horticultural tour. No-host lunch.

**Rhododendrons, Wine, and Lunch**

**Thursday, May 24**

Depart: 9:30 AM – Return: 5 PM

Member: $54 • Non-Member: $58

Whether you’re a collector, an automotive enthusiast, or just a fan of cars, this museum will sure to spark your interest. You will be amazed by the number of cars they showcase. We also will have dinner before the show. Admission to tour.

**American Car Museum**

**Wednesday, June 13**

Depart: 8:30 AM – Return: 5:30 PM

Member: $64 • Non-Member: $58

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.

**Cascadia Farms on the Way Back Down**

**Saturday, June 9**

Depart: 8:30 AM – Return: 5:00 PM

Member: $54 • Non-Member: $58

Join us for a boat tour of glacier fed Diablo Lake in the heart of the North Cascades National Park. Learn about wildlife habitat and enjoy views of snow-clad mountain peaks, islands and waterfalls. Experience part of the lake hidden from view from roads or trails.

**Diablo Lake Afternoon Cruise**

**Friday, June 29**

Depart: 9 AM – Return: 3:30 PM

Member: $35 • Non-member: $45

Your tour will come alive with stories about the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses. We’ll also see the panoramic view of the Diablo Lake overlook. We’ll stop for coffee and treats in Darrington on the way up, and Cascadian Farms on the way back down. Bring your camera as well as cash, sack lunch, weather appropriate clothing, and comfortable walking shoes. Fee includes guide, transportation, and admission to tour.
TRAVEL LOG

SEATTLE UNDERGROUND TOUR AND LUNCH AT 13 COINS
Thursday, June 28
Depart: 8 AM – Return: 3:30 PM
Member: $58 • Non-Member: $70
Take a humorous stroll through storefronts and sidewalks entombed under Seattle when the city rebuilt on top of itself after the Great Fire of 1889. This 75 minute tour begins in Doc Maynard’s Public House, then spills into historic Pioneer Square, Seattle’s Birthplace, before plunging underground for an exclusive view of the buried city. The tour guides tell you interesting, funny stories about our pioneers. It’s history with punch lines! After our tour, we will be driven to the new famous 13 Coins Restaurant (open 24 hours daily) in Pioneer Square. The original 13 Coins was built in 1967 on So Lake Union with a 2nd opening in 1976 near SEATAC airport. We will have a reservation, but lunch is on your own.

NOTE: The underground part of this tour has uneven walking surfaces, stairs, and no handrails. Also a 21% tip has uneven walking surfaces, stairs, and no handrails. Also a 21% tip

PHANTOM OF THE OPERA
Thursday, August 9
Depart: 9:30 AM – Return: 6 PM
Member: $100 • Non-Member: $130
Cameron Mackintosh’s spectacular new production of Andrew Lloyd Webber’s The Phantom of the Opera will return to Seattle as part of a brand new North American Tour. Critics are raving that this breathtaking production is “bigger and better than ever before!” We will stop for a no-host lunch before the show.

MYSTERY LUNCHES
Wednesday, May 9
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30
Price includes transportation only

EXTENDED TRAVEL OPPORTUNITIES

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Exercise the Mind and Body

Carly Waymire, Program Coordinator, Oak Harbor Senior Center

Do you feel like you need to get moving this Spring? The Oak Harbor Senior Center has many affordable options for you!

We have a few traditional exercise classes which include aerobics, strength training, and stretching in an hour-long class. These are wonderful classes which help keep the body moving as you continue to age.

**Enhance Fitness**
- Monday, Wednesday, & Thursday, 9:30 AM
- $25 month or $5 per class*
- Great for those who are ready to move and groove

**S.A.I.L.**
- Tuesday & Thursday, 2:30 PM
- $20 month or $3 per class*
- A low impact class for any fitness level

Additionally, we offer a few classes which involve slow and precise movements. Both our Yoga and Tai Chi class focus on coordinating the body and mind with a positive energy. These classes are a great way to increase flexibility and stay limber.

**Yoga**
- Tuesday & Thursday, 8:30 AM
- $25 month or $5 per class*
- All skill levels are welcome

**Tai Chi**
- Monday, 5 PM
- Friday, 9 AM
- $50 month*
- Great for fall prevention and flexibility

We also offer some fun classes that are a great form of exercise! These different classes can be a way to keep you moving without feeling like you are exercising.

**Line Dance**
- Tuesday, 12 PM
- Friday, 12:30 PM
- $10 month*
- Fun way to get moving

**Clogging**
- Monday, 5 PM
- Friday, 9 AM
- $50 month*
- Great for fall prevention and flexibility

Additionally, we also have a couple paddle sports which are a unique form of exercise. Ping pong and pickleball are great at keeping you moving along with working your hand-eye-coordination.

**Ping Pong**
- Monday and Wednesday, 12:30 PM
- Free*
- Not only does this activity test your balance but also your reflexes

**Pickleball**
- Wednesday, 4 PM
- Saturday, 10 AM
- $60 quarter or $25 month or $5 per class*
- Beginners are welcome to play Saturday at 12 PM
- Oak Harbor Christian School gym

All these classes and programs offered at the Oak Harbor Senior Center are a great option to keep you moving this spring! Not only are they beneficial for your physical health but also your mental well-being. Joining one of these groups is a great way to meet new friends and build lasting relationships. They also help hold you accountable which makes it easier to stick with an exercise routine.

*Prices listed are member pricing. We would like to remind everyone that an Oak Harbor Senior Center membership of $40 a year, or a daily use fee of $3 in addition to the program cost, is required for participation in classes and programs through the Center that do not have designated non-member prices. Try out something new to keep exercising your mind and body!
Community Garage Sale

The Oak Harbor Senior Center will be having their annual Community Garage Sale on Saturday, June 2 from 8 AM – 1 PM. There will be a wide variety of items to purchase from plants, games, material, décor, books, antiques, jewelry, to craft supplies and so much more! For just $20 you can rent a table to sell your items. Space is very limited so stop in today to rent a table. Also, the bake sale will be back again this year because of high demand!

Free Technology Help

Monday, May 21 • 2 – 4 PM
At the Oak Harbor Senior Center – 51 SE Jerome St.
The Oak Harbor High School FBLA team is coming back for another afternoon of technology help. They will assist you with cell phones, laptops, cameras, and so much more! Bring your item and they will work through your problems with you and give you useful tips. These students are wizards at technology and love to help. Don’t miss out on this great opportunity for help! No registration required.

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You Want Day (May 11) to National Chocolate Day (May 10) to Eat What During May, you can go from International Nurses Day (May 6) to Eat What You Have Never Had Before.

There are many varieties of grapes, making many different wines. Here are a few ways to celebrate the day – have a few glasses of wine. Today, this holiday is celebrated by Mexicans, especially the Hispanic Community. Also, in May we celebrate Cinco de Mayo.

May 5, 1862, the Mexican Army defeated the French Army at the Battle of Puebla. Today, this holiday is celebrated by Mexicans, especially the Hispanic Community in the U.S. It’s a time of song, dance, parading and in general, time to be proud to be Hispanic.

Now that we have celebrated these wonderful holidays, it’s time to raise a glass for National Wine Day (May 25). People have been drinking wine since the early days. There are many varieties of grapes, making many different wines. Here are a few ways to celebrate the day – have a glass or two; go on a winery tour; make some homemade wine or try a new wine you have never had before.

During May, you can go from International No Diet Day (May 6) to Eat What You Want Day (May 11) to National Chocolate Day (May 15). Remember, do everything in a safe and healthy manner. Rare is there leftover chocolate chips. If you don’t use the whole bag, you and your kids or grandchildren will eat them as a snack before they make it to the storage container.

May 8, it’s time to get out your sandals or flip-flops – this is No Socks Day. It’s a chance to reduce your laundry load. Then May 9 we have Lost Sock Memorial Day. It’s the day we recognize your drawer full of unmatched socks. We never throw away our unmatched socks. After all, it may show up someday! Encourage you to use this special day to toss out all your unmatched socks – let’s face it, if they’re not shown up by this time, it will never happen. The dryer ate them.

We celebrate No Dirty Dishes Day May 18; Water a Flower Day May 30; Sun Screen Protection Day May 2 (yes, even on a cloudy day we need protection); Bird Day, National Bird Day and Migration Bird Day May 4. Bird Day was first observed May 4, 1894. Did you know Hummingbirds are the smallest migratory birds? May 15 is Police Officer’s Memorial Day. This day honors and remembers police officers who gave their lives while on duty. Please show your respect and appreciation for police officers everywhere . . . today and every day.

May 6 is National Nurses Day and National Nurses Week is May 7-13. It brings awareness of the importance of nurses and the care, comfort and wellbeing of all of us – especially our children and aging and those in poor health. International Nurse’s Day goes back to 1953 when Dorothy Sutherland of the US Department of Health, Education and Welfare sent a proposal to President Eisenhower to proclaim “Nurse’s Day.” The proclamation was not officially made, but it is celebrated May 12, the birthday of Florence Nightingale.

Finally, the end of the month of May we celebrate Memorial Day which is the last Monday of the month. Memorial Day is dedicated to service men and women who gave their lives for Freedom and Country. It is also a time to remember loved ones who have passed away. Memorial Day roots go back to 1865 and the end of the Civil War. It was first called Decoration Day until the change in 1882. Memorial Day also marks the beginning of the gardening and summer season, even though summer will not occur for about 4 more weeks. This Monday holiday usually includes the first family picnic of the year. Enjoy the beauty of the season and get ready for Summer.