Making your Personal Village

By Christina Baldwin
Board Member, Island Senior Resources

People make villages. A village is the most stable social unit that humanity has ever devised. For tens of thousands of years, whenever a group of people wandered into the same valley and settled down, they make a village. Whidbey Island’s first villages were shoreline encampments of native Skagit clam diggers and fishermen.

When white settlers arrived, the first thing they did was claim some land and make a village. Jacob Anthes founded Langley, and Thomas Coupe laid out the streets above Penn Cove and modestly named the village after himself. In March of 1895, the steamer, Idaho, landed at Oak Harbor and offloaded “eighteen Hollander and a cheese-maker” the beginning of a Dutch migration that founded Oak Harbor.

Island’s first villages were shoreline encampments of native Skagit clam diggers and fishermen.

When white settlers arrived, the first thing they did was claim some land and make a village. Jacob Anthes founded Langley, and Thomas Coupe laid out the streets above Penn Cove and modestly named the village after himself. In March of 1895, the steamer, Idaho, landed at Oak Harbor and offloaded “eighteen Hollander and a cheese-maker” the beginning of a Dutch migration that founded Oak Harbor.

When white settlers arrived, the first thing they did was claim some land and make a village. Jacob Anthes founded Langley, and Thomas Coupe laid out the streets above Penn Cove and modestly named the village after himself. In March of 1895, the steamer, Idaho, landed at Oak Harbor and offloaded “eighteen Hollander and a cheese-maker” the beginning of a Dutch migration that founded Oak Harbor.

When white settlers arrived, the first thing they did was claim some land and make a village. Jacob Anthes founded Langley, and Thomas Coupe laid out the streets above Penn Cove and modestly named the village after himself. In March of 1895, the steamer, Idaho, landed at Oak Harbor and offloaded “eighteen Hollander and a cheese-maker” the beginning of a Dutch migration that founded Oak Harbor.

Villages are successful because they create organized social structures that can care for the needs of the individual and the whole. Traditional villages carry out a number of tasks: governance, social welfare, protection, trade, education, employment, ceremony, and kinship bonds. Our grandparents probably came from villages like this—and there are aspects of this kind of village life on Whidbey that increase its island charm—but many people arrive on “the rock” as strangers. We need to know how to make our own villages.

A personal village consists of logistics (a network of services and support that help settle: dentist, doctor, plumber, realtor, etc.) and community (neighbors, people with shared interests, values, a sense of trustworthy social net, etc.) in the process of getting settled, both logistics and community-building are needed.

In 2001, a few weeks after 9/11, as the country was reeling with instability, Cynthia Trenshaw, then age 59, a widow of a new mid-life master’s degree in technology and wages as men. I’m grateful for the faith throughout her life. She taught me and that they should have equal roles in life. She taught me through on everything he said. My mother. She was a Southern Baptist and maintained unwavering values she passed on to me.

Your own village means that you’re not alone, that you know there’s something of you in the people and plants and the soil, that even when you are not there it waits to welcome you.”

—Casare Pavese

Puget Sound Energy
Powerful Partnership

By Carly Waymire
Oak Harbor Senior Center Program Coordinator

This year Puget Sound Energy has partnered with 24 non-profit organizations across its 6,000-square mile service area to help provide community engagement and awareness. This year was unique because not only did PSE select organizations committed to environmental conservation as they did in 2017, but they also included partnerships with organizations committed to human services. The Oak Harbor Senior Center Foundation has been selected as one of the 24 organizations to partner with PSE in 2018!

As a part of this Powerful Partnership, the Oak Harbor Senior Center Foundation received a $5,000 check from PSE to use for programming, building updates and equipment. In addition to the check the Center is also enjoying a closer relationship with PSE and many presentation opportunities provided by PSE representatives. Also, PSE is providing the Center with helpful information regarding energy every month that we will be sharing with our members.

“PSE has provided energy to communities across Washington for 145 years, so it’s important for us to work with organizations that share our commitment to our customers and the environment,” said Andy Wappler, PSE Vice President of Customer Operations & Communications. “By partnering with two different sectors this year, Powerful Partnerships will help us do two things—extend our outreach to new customers and engage our current ones with helpful information regarding energy.”

QUESTION OF THE MONTH: WHO HAS INFLUENCED YOU THE MOST IN YOUR LIFETIME?

Howard Cleveland, 87
Oak Harbor
“I would say my wife because she encouraged and helped me. Also, my foreman encouraged me to run big equipment which influenced my career.”

Barbara C, 88
Clinton, WA
“My mother. She taught me how to be a good citizen and how to work hard to be self-sufficient and strong. She also taught me how to garden and cook.”

Terry Shockey, 56
Oak Harbor
“My sister, she always makes sure I am doing okay.”

Mark W., 65
Clinton, WA
“My father. He taught me to be self-reliant, responsible, and truthful.”

Barbara Tripp, 65
Oak Harbor
“My father. He was very nurturing and followed through on everything he said. He taught me to be self-reliant, responsible, and truthful.”
June in Bloom

Barry Wenaas, Program Assistant, Oak Harbor Senior Center

Here we are in the month of June–the half way point of the year. Do I dare say how many days till Christmas?

There are many great celebrations in the month of June, but two prominent ones are Flag Day and Father’s Day. Flag Day is always celebrated June 14. It is for all Americans to celebrate and show respect for our flag. Our flag is representative of our Independence and our unity as a nation. Our flag has a proud and glorious history, leading every battle fought by Americans. Many have lost their lives protecting our flag. It even stands proudly on the moon. There is a very special ceremony in retiring the flag. The flag is burned in a special ceremony and our local Boy Scouts know the proper ceremony and perform it on a regular basis. If you have an old flag that needs to retire, please give it to the Boy Scouts and attend the ceremony.

We celebrate Father’s Day the third Sunday in June which is June 17 this year. This is a day to enjoy time with Dad and appreciate all he does for you. Did you know the first Father’s Day celebration was held in Spokane, WA May 18, 1910. Do you remember quotes and sayings dad had when you were growing up? Here are a couple of Dadisms—“Because I’m the Dad, that’s why”; “Go ask your Mother”; “I haven’t developed grey hairs for nothing”.

Red Rose Day is celebrated June 12. It is a time to enjoy and appreciate America’s favorite flower, the red rose. The rose is the most popular cut flower, but it is also the most popular flower in flower beds and around foundations of houses, garages and sheds. Are you aware each rose color sends a different meaning to the recipient? Make sure you send the right message. Nothing sends a message of love more clearly than a red rose. Red Roses represent love, beauty, passion, courage and respect. Some of the other rose colors are: white for purity; pink appreciation; yellow is joy and gladness; and a thornless rose signifies “Love at First Sight.”

How about Smile Power Day being celebrated June 15. Feel the power and give everyone you see a big friendly “I like you” smile. You may, by smiling, turn someone’s day around. Are you aware it is easier to smile than frown? It takes fewer muscles to smile than it does to frown.

What fun it is to start your day off with a Doughnut. Well, you can start the first day of June with National Doughnut Day.

National Doughnut (Donut) Day was established in 1938 by the Chicago Salvation Army to raise much needed funds during the Great Depression and to honor the work of World War I Salvation Army.

National Trails Day is celebrated the first Saturday in June. It was established to celebrate, improve and enjoy America’s magnificent trail system. We have an incredible trail system with Deception Pass State Park. One can pick up a trail map at the entrance of the park and enjoy the beauty of the park. We have a walking group that meets every Friday morning at Flintstone Park and walks city trails. Come join the fun and camaraderie. While on trail systems, one can bird watch, horseback ride, bike ride or even go geocaching. The American Hiking Society is a strong advocate of National Trails Day. There are references back to the 1980s and 1990s. Trail advocates, outdoor industry leaders and politicians work to promote awareness to the nation’s wonderful and extensive trail system. Happy trails to you!

We can celebrate International Yoga Day June 21, but at the Oak Harbor Senior Center we celebrate Yoga two days a week—Tuesday and Thursday mornings at 8:30. Yoga is a combination of mental, physical, and spiritual exercise. Yoga is proven to help relax one and lower one’s blood pressure. International Yoga Day was promoted at the United Nations by India’s Prime Minister Narendra Modi. On Dec 11, 2014, the United Nations declared June 21, to be International Yoga Day—it was selected as it is the longest day of the year, and holds special significance in many cultures. Come out and visit us and see if yoga is for you.

Speaking of June 21, this year it is considered Summer Solstice; also 2019, but in 2020 it will be June 20. Summer Solstice is referred to as “Midsummer Litha.” As I stated in the previous paragraph—it is the longest day of the year. It is time for us to grab our favorite beverage, sit on the beach and enjoy the season. For many of us it is all too short.

In the month of June, you can have a special day to take your dog to work. It takes place the Friday after Father’s Day. And you say “Why?” They say every dog has its day. Of course, that assumes your workplace participates. It is sad to say but equal rights for cats and other animals has yet to arrive. But, there is a special Hug Your Cat Day which is celebrated June 4. If you are a cat lover you really get into this day. Most likely your cat will not allow you to hug it very long. In my house the cats and dogs expect equal attention and the cats do not realize they are cats as they have been raised by the dogs. In some other homes, the dogs have been raised by the cats.

Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor, WA 98277
Front Desk: 360-279-4580
Travel Desk: 360-279-4587
Normal Business Hours: Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled
Yearly Membership Dues: $40 Available for anyone 50+ years
Liz Lange - (360) 279-4581 Senior Services Administrator
Carly Waymire - (360) 279-4583 Program Coordinator
Barry Wenaas - (360) 279-4582 Program Assistant
Send comments and suggestions to CWaymire@oakharbor.org

W.I.G.S. (Whidbey Island Genealogical Searchers)
Tuesday, June 12, 1–3 pm, 2720 Heller Road, Fire Station #25
Debbie Wallin will speak about Swedish genealogy research.

All are welcome to attend. Call Bobby O’Neal, 360-632-5591 or email whidbeygensearchers@gmail.com for more information.

Bring Retirement to Life!
Harbor Tower Village
A VILLAGE CONCEPTS RETIREMENT COMMUNITY
At Harbor Tower Village, you will discover a warm and homelike atmosphere with traditional, old-fashioned hospitality. Call today to arrange for a personalized tour and enjoy lunch on us!

National Trail Day is celebrated June 2.

International Yoga day is June 21.

Put your 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.
reach to customers who need help staying safe and warm and continue our commitment to protecting the environment.”

PSE has announced its commitment to reduce its carbon footprint 50 percent by 2040, and these partnerships are essential to helping PSE create a better energy future. The Oak Harbor Senior Center Foundation is grateful to be a part of this commitment and partnership. We would like to extend a thank you to Puget Sound Energy for their pledge to provide the community with more awareness and engagement through these Powerful Partnerships. The Oak Harbor Senior Center Foundation plans to use the awarded funds to benefit the Center and further the mission of the Center to provide a place for anyone over the age of 50 to find programs, activities, and services which support a positive, healthy, and active lifestyle.

You may not believe this, but there is Sunglasses Day. It’s always June 27 as this is in the full swing of the summer. The sun is high in the sky and very bright.

On June 26, you can celebrate Hug Holiday and Waffle Iron Day. You can give hugs to those who need it; give hugs for health, friendship and support. After giving everyone a hug, sit down and enjoy a waffle or two. Waffles are not just for breakfast—they are good for lunch and dinner, too. A great dish is chicken and waffles. The origin of the waffle dates back to the 1300s in Greece. The Greeks cooked flat cakes between two metal pans and then topped them with cheese and herbs.

We have National Cheese Day which is celebrated June 4. From breakfast to late night snacks, people enjoy ample amounts of cheese. Americans consume around 31 pounds of cheese a year. Depending on who is counting, there are 800 to 1400 varieties of cheese to choose from, classified by taste and texture. Celebrate cheese day with a cheese tray and don’t forget the wine.

d-Day is celebrated June 6. On this historic day in 1944, allied troops invaded the beaches of Normandy, France. It was the largest amphibious assault in world history and was the turning point of the war on the European Theater. On this day, 156,000 troops from the U.S., Great Britain and Canada stormed five beaches. Many lives were lost. Please take a moment of silence today and thank the many soldiers who fought and died for our country.

And a few other fun to note June dates:

National Gardening Exercise Day is June 6
VCR Day is June 7
Best Friends Day is always June 8
Donald Duck has his day June 9. He first appeared June 9, 1934, making him over 70 years old.

Foot Care Services return to OHSC
Starting Thursday, June 7, foot care will return to Oak Harbor Senior Center. The cost is $20 for members and $25 for non-members. Please remember to wash your feet ahead of time and bring a large hand towel. Please call Oak Harbor Senior Center, 360-279-4580, to schedule an appointment.

New To Medicare?
We can help sort through options.

J. Johnson Insurance, LLC
Now in Freeland
360-341-1848
jjins@whidbey.com

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

1635 Main Street #A7, Freeland, WA 98249
A Night of Music and Dance with The Deception Connection

Friday, June 29 • 6:30 – 9:30 PM
At the Oak Harbor Senior Center – 51 SE Jerome St.
Appetizers and No Host Bar

The Deception Connection has been together for 5 years playing a variety of dance music from classic rock, waltz, 50’s music, to pop rock. The band includes Steve Ellis on guitar and lead vocals, Jim Ducken on keyboard, guitar, and vocals, and Jimi Schlegel on drums and vocals. Outside of the band, Steve has been playing for many years as a successful solo artist, knowing over 1,000 songs! Jim, also known as “Mr. Music” has owned and operated the music store in Oak Harbor for 25 years. Jimi has been touring for decades opening for well-known artists and prides himself as a dancer friendly drummer. This is a night you won’t want to miss! Get your tickets in advance at OHSC or pay at the door and join us for a night of music and dance.

$15 for ticket
Can pre-purchase at OHSC, online https://squareup.com/store/oak-harbor-senior-center-foundation or pay at the door
Proceeds go to the Oak Harbor Senior Center Foundation

June Whidbey Art Party: Deception Pass
Come join professional painter Amy Hauser for a one of a kind art party! This month she will instruct you through “Deception Pass”. Absolutely no experience is necessary, anyone can join in the fun! Amy will give you step by step instructions to create your very own hand painted canvas which is yours to keep. All materials are provided in the class including the canvas, instructions, painting materials, and refreshments. Whether you are wanting to try something new or an experienced painter this class is for you! Join us June 6, 2018 from 6 – 8 PM at the Oak Harbor Senior Center. The cost is $40 for OHSC Members and $45 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.

July Whidbey Art Party: Sparkly Unicorn
Bring a grandchild, neighbor kid, or friend along for an intergeneration art party Thursday, July 19. Amy Hauser will instruct both adults and children through “Sparkly Unicorn,” a fun and vibrant painting for any age. All materials are provided along with step by step instructions and at the end of the night you get to take home your very own hand painted canvas. This is a great chance to engage in a creative activity with your grandchildren! Want to paint but don’t have a child to bring? No problem, adults are welcome to join in the fun too. Come make lasting memories Thursday, July 19 from 6 – 7 PM at the Oak Harbor Senior Center. The cost is $30 for OHSC Members and $35 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.

Costco Presentation

Wednesday, June 13 • 11 AM – 1 PM
Oak Harbor Senior Center
Representatives from Costco will be giving a presentation about membership opportunities, offered services, and products provided at their stores. Costco not only offers a variety of one stop shopping but also pharmacy, vision, and hearing aid services. Come check out what Costco can offer you at this presentation any time between 11 AM and 1 PM. Refreshments and discounts will be provided.

Community Garage Sale

Saturday, June 2 • 8 AM – 1 PM
The Oak Harbor Senior Center will be having their annual Community Garage Sale Saturday, June 2, 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! The bake sale will be back again this year because of high demand!

Win Some Firewood!

• Dry, Spilt, Alderwood, 16 inch long
• 2 lucky people will win half a cord each
• Must pick up
• Must be a member of the Oak Harbor Senior Center to win

Enter to win at the Oak Harbor Senior Center June 1-15.
## Island Times

### 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 Billiards</td>
<td>9 Billiards</td>
<td>9 Quilting</td>
<td>9 Billiards</td>
<td>Ping Pong</td>
</tr>
<tr>
<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>9 Lapidary</td>
<td>9 Billiards</td>
<td>9 Tai Chi</td>
<td>Billiards</td>
</tr>
<tr>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>Walking Club</td>
</tr>
<tr>
<td>11:30 LUNCH</td>
<td>11:30 LUNCH</td>
<td>11:30 Party Bridge</td>
<td>11:30 LUNCH</td>
<td>10 Walking Club</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>Pinchle</td>
</tr>
<tr>
<td>1 Art with Dottie</td>
<td>1 Art with Dottie</td>
<td>1 Art with Dottie</td>
<td>1 Art with Dottie</td>
<td>1 Art with Dottie</td>
<td>Piano</td>
</tr>
<tr>
<td>5 Tai Chi</td>
<td>5 Tai Chi</td>
<td>5 Tai Chi</td>
<td>5 Tai Chi</td>
<td>5 Tai Chi</td>
<td>7 Country Dance</td>
</tr>
</tbody>
</table>

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

<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>10 Time Together</td>
<td>10 Time Together</td>
<td>9 Beginning Tai Chi</td>
<td>9 Beginning Tai Chi</td>
<td>9 Beginning Tai Chi</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>9 Foot Clinic – call (360) 341-3210 for appit</td>
<td>9 Foot Clinic – call (360) 341-3210 for appit</td>
<td>9 Foot Clinic – call (360) 341-3210 for appit</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td>12:15 Reader's Theater Rehearsal</td>
<td>12:15 Reader's Theater Rehearsal</td>
<td>10 Beginning Tai Chi</td>
<td>10 Beginning Tai Chi</td>
<td>10 Beginning Tai Chi</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td>10 Time Together</td>
<td>10 Time Together</td>
<td>10 Time Together</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td>3 Afternoon Tai Chi</td>
<td>3 Afternoon Tai Chi</td>
<td>Tune In, Tune Up</td>
<td>Tune In, Tune Up</td>
<td>Tune In, Tune Up</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 Ukele with Salla</td>
<td>10:30 Ukele with Salla</td>
<td>10:30 Ukele with Salla</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30 Lunch &amp; Learn</td>
<td>12:30 Lunch &amp; Learn</td>
<td>12:30 Lunch &amp; Learn</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2:30 Parkinson’s Sing-a-long</td>
<td>2:30 Parkinson’s Sing-a-long</td>
<td>2:30 Parkinson’s Sing-a-long</td>
<td>Tai Chi Support Group at Trinity Lutheran Church</td>
</tr>
</tbody>
</table>

**DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.**

**VISITING WHIDBEY ISLAND?**

**DISCOVER THE ISLAND’S BEST CANNABIS**

**MEDICAL & RECREATIONAL MARIJUANA**

**OPEN MONDAY - SUNDAY 8A - 8P**

**5565 VAN BARR PLACE, UNIT F, FREELAND, WA | (360) 331-0140 | WHIDBEYISLANDHERB.COM**

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

**Call Island Senior Resources for instructor contact numbers and information.**

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

OAK HARBOR SENIOR CENTER
For more information, call the Travel Desk, 360-279-4587

MYSTERY LUNCHES
Thursday, June 7
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30

SEATTLE UNDERGROUND TOUR AND LUNCH AT 13 COINS
Thursday, June 28
8:00 AM - 5:30 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 in So. Lake Union with a 2nd opening in 1976 near Seattle Pier. We will have a reservation, but lunch is on your own.

NOTE: The underground part of this tour has uneven walking surfaces, stairs, and minimal lighting. For your safety, please wear covered toe shoes. Also a 21% tip will be added to your bill at 13 Coins because of a private area for our group and a menu featuring 6 different lunch items.

SEATTLE CHOICE
Thursday, July 12
8 AM – 5:30 PM
Member: $40 • Non-Member: $55

Our semi-annual Seattle trip is a fun one in summer! We will drop off at Westlake Center and Pike Place Market for all shoppers with one pick-up point at Pike Place Market. Walk the waterfront, visit the Aquarium, ride the ferris wheel, buy a sandwich at Beecher’s Handmade Cheese shop and enjoy a picnic in the park! Bring your grandchildren for a fun day! Whatever you do, enjoy the sights and sounds of this exciting city.

UNWINED ON THE BAY
Thursday, July 26
4:45 PM – 9:30 PM
Member: $58 • Non-Member: $80

Come take a wine cruise that will feature 15-20 different wines complimented by appetizers. Price includes transportation, cruise, wine, and appetizers.

MOUNT RAINIER
Wednesday, August 1 through Friday, August 3
8 AM (8/1) – 6 PM (8/3)
Member: Double-542$, Single-545$

Join us for this two-night, three-day trip to majestic Mount Rainier. Our first stop will be the historical Back Diamond Bakery for a delicious no host brunch as we make our way towards beautiful Mt. Rainier. Friday night the choice is yours, either take a scenic gondola ride to the summit and enjoy dinner at the Summit House Restaurant or dine in one of the many options downs at the base. The next day, wake up and enjoy complimentary breakfast at the Alpine Inn before heading to Northwest Trek for a day of sightseeing. The third day, we will head over to Citizens and have time to enjoy nature walks, the visitor center, gift shop, and a no host lunch at the Paradise Inn. Price includes transportation, two nights at Crystal Mountain Hotels, breakfast (8/2 & 8/3) at the Alpine Inn, and entrance fees into Northwest Trek. Please note: the hotel is not ADA accessible and stairs are required to get into the restaurant.

PHANTOM OF THE OPERA
Thursday, August 9
9:30 AM – 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.

For over 20 years Dr. Kristine Jarrell has devoted herself to audiology care on Whidbey Island. She specializes in helping people cope with hearing loss by providing affordable, customized hearing solutions.

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

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

*Age 65 and over, just show your driver’s license at the cash register.

Freeland Ace Hardware
The helpful place.

Oak Harbor Senior Center, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373

For more information, call the Travel Desk, 360-279-4587
Let’s go cheer on the Mariners as they take on last year’s World Series Champions, the Houston Astros. Price includes transportation, lunch buffet, and terrace club ticket.

CIRQUE DU SOLEIL VOLTA
Friday, September 28
12:30 PM – 7:30 PM
Member: $155 • Non-Member: $150
Cirque is presenting their new show this year. Volta, which is full of talented performers. We have booked exceptional seats right in the heart of the action. The show starts at 4 PM under the big top tent at Marymoor Park. We will stop for a late lunch on the way down to enjoy the two-hour, action packed show. On the way home, we will make a quick stop for coffee and ice cream. Price includes transportation and ticket. No host lunch.

AMERICA’S MUSICAL HERITAGE: BRANSON, MEMPHIS, AND NASHVILLE
April 3 – 11, 2019
Double: $2,895 • Single: $3,695
This tour features St. Louis city tour, Showboat Branson Belle, Clinton Presidential Library, Graceland, Grand Ole Opry, Country Music Hall of Fame, and much more! Includes ground and air transportation, lodging, including 2 nights at the Opryland Resort, and 13 meals. Join us for an informational presentation Wednesday, July 18 at 1 PM for more details.

EXPLORE TUSCANY
September 19 – 27, 2019
Double: $3,349 • Single: $3,649
Explore the beautiful land of Tuscany on this 9-day tour featuring Montecatini Terme, Florence, winery and cheese farm tour, and a cooking class. Includes ground and air transportation, lodging, and 10 meals. Join us for an informational presentation Wednesday, October 10, 2018 at 1 PM.

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
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 Advisors) volunteers. FREE, no pre-registration required. For information, call 360-321-1600 ext 0

This month, seminars will be held at:

**ISLAND SENIOR RESOURCES (Bayview):** 14594 SR 525, Langley, WA 98260

- **Thursday, June 7** 10AM
- **Monday, July 16** 10AM
- **Saturday, September 8** 9:30 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.

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased and confidential advising for Medicare benefits and insurance options. Counselors will be available to answer brief questions following the seminar. The seminar is about 2 – 2.5 hours long.

**Individual Consultations:**

Do you need more in-depth information about Medicare options? Advisors are available for 1:1 consultation at three locations on Whidbey Island.

- **Oak Harbor Senior Center:** Tuesdays
  - Call 360-279-4580 to schedule an appointment
- **WhidbeyHealth Medical Center:** Wednesdays
  - Call 360-678-5151 to schedule an appointment
- **Island Senior Resources (Bayview):** Fridays
  - Call 360-321-1600, ext 0, to schedule an appointment

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

---

**Learn the Basics of Social Security**

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

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

- **Island Senior Resources (Bayview):**
  - Thursday, June 7, 1:30 PM
  - Monday, July 16, 1:30 PM
  - Wednesday, Sept 19, 10:30 AM

- **Oak Harbor Senior Center:**
  - Call 360-279-8323

---

**Learn the Basics of Social Security**

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

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

- **Island Senior Resources (Bayview):**
  - Thursday, June 7, 1:30 PM
  - Monday, July 16, 1:30 PM
  - Wednesday, Sept 19, 10:30 AM

- **Oak Harbor Senior Center:**
  - Call 360-279-8323

---

**Back Pain & Sciatica Workshop**

**June 23rd • 11AM**

North End Fitness Center
2800 Goldie Road Oak Harbor

This is a free informational workshop
Call 360-279-8323 to register

---

**Island Senior Resources**

- **Summer Hill Assisted Living:** Oak Harbor, WA 98277
  - 1st Thursday of the month, 2:30 – 4:30 PM
  - Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

- **Oak Harbor Senior Center (Modular Building):**
  - 1st Friday of the month, 1 – 3 PM
  - Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

- **Trinity Lutheran Church:** 18341 WA-525, Freeland Ave (at Woodard)
  - Parkinson’s Support Group
  - 1st Tuesday of the month, 10 – 11:30 AM
  - Contact: Mel Watson, 360-321-1623

- **Alder Room, Island Senior Resources**
  - 14594 SR 525, Langley, WA 98260
  - 10 AM – 12 noon
  - 2nd Tuesday of the Month

---

**Contact:**

- **Sande Mulkey:** 360-675-5347
- **Mel Watson, Director Adult Day Services:** 360-321-1623

---

**Island Senior Resources**

- **Phone:** (360) 321-1600, (360) 678-3373
- **Website:** www.IslandSeniorResources.com

---

**Oak Harbor Senior Center**

- **Phone:** 360-279-4580
- **Website:** www.OakHarborFestival.com

---

**Labor Day Weekend**

**www.OakHarborFestival.com**

---

**Want to learn 3 simple steps to quick and natural healing?**

- **June 23rd • 11AM**
- **North End Fitness Center**
- **2800 Goldie Road Oak Harbor**

This is a free informational workshop
Call 360-279-8323 to register

---

**Non-Profit 501(c)(3) EIN#46-1837770**

---

**Whidbey Weekly**

- **Address:** 785 Bayshore Drive SE 102
  - Oak Harbor, WA 98279-8323
  - www.rueandparamela.com
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**

All Lunch Bunch/Brown Bag Series are open and FREE to the public and begin at 11:30 am to 1:30 pm.

**Date** | **Topic and Presenter**
--- | ---
June 26 | **Advanced Care Planning**
Carla Jolly will talk about the Five Wishes-Living Will, ways to deal with your health, and planning for you and your family.

**July 24** | **Archeology Systems on Whidbey Island**
Gidon Cauffman, Oak Harbor City Archaelogist, has been interested in archeology since he was a young boy and earned his BA in anthropology from Washington State University.

---

**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**
--- | ---
June 6 | **BINGO!**
Come play Bingo! Aging & Disability Resources will also be available from 11:30 a.m. to 1:30 p.m.

June 13 | **More Transportation!**
Chasity Smith, Director, Aging & Disability Resources and Family Caregiver Support Program at Island Senior Resources, will discuss local transportation resources and how to use them.

June 20 | **What is Vermiculture?**
Sarah Bergquist, WSU Extension, will educate us about the benefits and ease of vermiculture farming (worms - yes worm farming!)

June 27 | **Don’t Fall!**
Robert May, WhidbeyHealth EMS Lead Paramedic, will explain in-home improvements to help reduce the incidence of falls by as much as 85%. It starts with getting rid of ladders, but oh so much more, can be done!

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

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

**Date** | **Topic and Presenter**
--- | ---
June 5 | **Meet the Doctor**
Whidbey Health Primary Care Freeland is very happy to welcome Dennis Rochier, MD to its island family. Dr. Rochier’s most recent position was Chief Executive Officer of Overlake Medical Clinics in Bellevue, WA.

June 12 | **Clear Mind Meditation**
Join Mel Watson in learning a simple meditation that, if practiced regularly, will help us to experience mental clarity and inner peace by meditating on our mind. Everyone welcome, no matter your experience.

June 19 | **Putting Your House in Order**
What happens when you or a loved one passes? How can advance planning remove stress from family and friends during times of loss, bringing peace to your mind as you walk through the decision-making process? Join Paul Kuzina from Whidbey Memorial in exploring these issues.

June 26 | **NO LUNCH AND LEARN TODAY**
 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.
From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Asking for Help
How hard is it for us to ask for help? We spend our lives making every effort to be independent and responsible for our own lives, and then we encounter our later years that force us to confront our need for help.

Whether we have created an intentional ‘village’ or rely on a loose network of family, friends, and neighbors, asking for help is often a challenging proposition. Personally, I’ve noticed that it requires that I “own” my limitations. No longer can I strain or stress about being able to do certain chores. I must face into my need for help.

A recent example comes to mind. Not long ago, in the midst of heavy rain, I noticed that one part of the gutters on my house was overflowing. In the past, I would have simply grabbed the ladder and taken care of the clog in the drain myself. However, now, with various body parts not functioning quite at the same level as the past, I needed to ask for help. Fortunately, my son-in-law came to the rescue. No more gutter overflow and I engaged in fall prevention, a primary cause of injury and death in seniors.

I am also doing my best to evaluate my tasks a little differently in seniors.

Presented by Aging & Disability Resources staff from Island Senior Resources. For information call Monique Olvera at 360-675-0311.

Oak Harbor Senior Center: Thursday, June 7 • 1:30 – 3 pm

Senior Farmers Market produce vouchers arriving in June!

By Debbie Metz, SFMNP Program Director

The Senior Farmer’s Market Nutrition Program (SFMNP) benefits both low-income seniors and our local farmers; everyone involved has been delighted.

If you are 60 years old or older, and your income is at or below $1,872/month (for one person), or at or below $2,358/month (for two), you are eligible for the program. Each person will receive $40 worth of vouchers to take to participating markets to purchase fresh fruits and vegetables.

Vouchers will be ready for pick up starting Monday, June 11 at distribution locations and times listed on page 11. There is a limited supply and vouchers are first come first served. If you live in Central or South Whidbey and have questions, please call, 360-321-1600 or 360-678-3373 ext. 0. If you live in Oak Harbor and have questions, please call Monique Olvera at 360-675-0311.

Vouchers are valid through October.

Senior Farmers Market produce vouchers arriving in June!

If you are 60 years old or older, and your income is at or below $1,872/month (for one person), or at or below $2,358/month (for two), you are eligible for the program. Each person will receive $40 worth of vouchers to take to participating markets to purchase fresh fruits and vegetables.

Vouchers will be ready for pick up starting Monday, June 11 at distribution locations and times listed on page 11. There is a limited supply and vouchers are first come first served. If you live in Central or South Whidbey and have questions, please call, 360-321-1600 or 360-678-3373 ext. 0. If you live in Oak Harbor and have questions, please call Monique Olvera at 360-675-0311.

Vouchers are valid through October.

Free Seminar: Free and Reduced In-Home Support

Learn about Medicaid and pre-Medicaid programs available to provide care assistance, support, and equipment for those who are both financially and functionally eligible. Presented by Aging & Disability Resources staff from Island Senior Resources. For information call Monique Olvera at 360-675-0311.

Oak Harbor Senior Center: Thursday, June 7 • 1:30 – 3 pm

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

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
CamBey Apartments
In Home Care
Case Management
Medical Transportation/Volunteer Services

SHBA
Senior Thrift 360-331-5701

For more information, visit www.senior-resources.org

Free Seminar: Free and Reduced In-Home Support

Learn about Medicaid and pre-Medicaid programs available to provide care assistance, support, and equipment for those who are both financially and functionally eligible. Presented by Aging & Disability Resources staff from Island Senior Resources. For information call Monique Olvera at 360-675-0311.

Oak Harbor Senior Center: Thursday, June 7 • 1:30 – 3 pm

Free Seminar: Free and Reduced In-Home Support

Learn about Medicaid and pre-Medicaid programs available to provide care assistance, support, and equipment for those who are both financially and functionally eligible. Presented by Aging & Disability Resources staff from Island Senior Resources. For information call Monique Olvera at 360-675-0311.

Oak Harbor Senior Center: Thursday, June 7 • 1:30 – 3 pm

For more information, visit www.senior-resources.org
Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.

Shared a common joy of playing music amateurs and professionals. They all band of all community volunteers both Langley as an all-girls “hobo” band (a tradition for over 40 years. It started in Friday Receptionist) whole day!” (Evy, Island Senior Resources changes my heart and head for the future, and strategies for coping and communication. Registration required call Kenna Little, 206-529-3868.

Space is limited. Registration is required. Reserve your spot today!

Cost: $15 Register at www.thecaregivercoach.com • Email kathleen@thecaregivercoach.com 360-321-1600 • www.senior-resources.org

Are you experiencing memory loss? Attend this seminar for those experiencing mild memory loss and their loved ones. Learn the basics of dementia, planning for the future, and strategies for coping and communication. Registration required call Kenna Little, 206-529-3868.

It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, trips, menus, and links to great articles. Sign up online at www.senior-resources.org.

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

Some Fun Band members today

Music stirs you to move and the Fun Band at Island Senior Resources will have you humming, foot tapping, or getting up to dance. You just can’t resist! “Every Friday something magical happens. I sit at our reception desk at Island Senior Resources and refrain of music fill our space. People come to listen or dance, drawn in by tunes of yesteryear. Folks from Time Together begin to drift down the hallways, stopping in time. I start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band starts humming and feel like dancing. You just can’t resist! Off to dance. You just can’t resist! Down the hallways, stepping in time. I always start humming and feel like dancing. If I’m feeling at all glum, the Fun Band...
The process seemed selfish at first, and common interest folks (good food, writing, jump in and tend others in trouble), and have deep conversations with), chicken be everything for me. I needed a variety of my own community as I never had a circle group process of checking-in around a specific question and developing relationships that supported all members. ”I have children and grandchildren far away. I have younger and older friends. I needed a group of peers committed to conversations about how we were going to take the rest of our life journeys.”

The model was so successful that Cynthia wrote a booklet, “The Circle Way for Proactive Aging” The booklet went viral, and Cynthia traveled nationally, as well as up and down the island, helping others establish such heartfelt conversations in their personal villages. The booklet is available free in Kindle format on Amazon or through the resources section of www.thecircleway.net.

NEXT MONTH—we continue this conversation about creating a personal village as we age or care for elders.

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:
• 10 Ways to Deepen Your Connections with Others
• Why a Village? How to build your village and what is world village consciousness
• How Social Connections Keep Seniors Healthy
• For Caregivers: The Importance of Relationship Building for Senior Health

Community meals do more than feed

Our community meals, served in seven locations, are open to everyone; you don’t have to be a senior to enjoy our great food. We are your neighborhood restaurant serving warm, nourishing, healthful food. We nourish your body as well as your sense of belonging. One of the great joys in sitting together is the opportunity to make new friends. Come join us. You are always welcome.

We ask for a $5 donation to help support the cost of a meal, but no one is turned away for inability to pay. We support many in our community who need our help with nutritional support but are unable to donate to cover their meal. The average donation we receive is under $3. The meals cost us closer to $9 to prepare and serve. For those who can afford to donate more than $5 we look to you for your support. Help us feed all those who need us.

See our meal site locations, hours and menu in Island Times each month.

CONTINUED FROM PAGE 1