Part 3

Strolling through Village Life

By Christina Baldwin
Board Member, Island Senior Resources

This is the third month I’m writing about aspects of “making a personal village” and building support structures around our lives. When we are young or in midlife, we look for structures that support employment, family-raising, and recreation. When we are “yelders” (young elders), we look for a community to help us age. When we are elder-elders, we look for services for our last years.

In August 2006, my newly widowed father, Leo, packed a few portable possessions into a Ford van and drove from Maryland to Whidbey Island. Dad and I discovered, together, how to make a new personal village here. He was 86; I was 60.

When he traded the van for a mini-SUV he chose a vehicle the right size for himself: small, maneuverable, not too much or too little horsepower. He's clocked 25,000 island miles in 12 years. His license plate reads NJOYN9T. We are in an evolving dialogue about the circumference of his driving. “My life would be much more constricted if I couldn’t drive,” he acknowledges, “and I know it’s the most dangerous activity I do; well that, and walking.” He smiles and pats his cane.

At 98, he still lives in his Langley condo. When he moved to Whidbey, he'd shopped for housing with aging in mind. “I didn’t want to be forced to move because the physicality wouldn’t accommodate me. I looked for no stairs, wide doors, and neighborhood. I have furniture I can get in and out of and a home office that works for me. This is the physical environment I can manage.”

The public physical environment is often harder to navigate. “I notice when the pavement is uneven, when ADA street corners are far apart, and when lighting is dim. And while the elevation between First Street and Fifth Street may not seem steep to youngers, for elders, carrying ten pounds of groceries uphill is a big job. I wish island communities that rise from the tide-line would design meandering pathways that allow switchbacks to ease uphill/downhill walkability.”

Leo could drive downtown, but he moved to “the village” so he could walk. Mobility is the source of his freedom.

VILLAGE continued on page 12

Celebrate Aging

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

Growing older is something to be proud of! Even president Ronald Regan acknowledged the importance of senior citizens in the community when he proclaimed National Senior Citizens Day on August 19th. In 1988 Reagan said, “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.” He was correct and we should continue to celebrate aging.

The Oak Harbor Senior Center’s mission is to provide a place where anyone over the age of 50 can find programs, activities, and services which support a positive, healthy, and active lifestyle. We not only want to embrace and celebrate aging on August 19 but also every other day of the year! It is important that you have a positive outlook on aging and make the most of it. There are many ways you can celebrate aging not only this month but all year long.

Here are some ideas:

- Enjoy your freedom and open schedule
- Take naps whenever you feel like it
- Give advice when the younger ones need it
- Take the time to tell stories about yourself

CELEBRATE continued on page 3

QUESTION OF THE MONTH: WHAT ONE PIECE OF ADVICE WOULD YOU OFFER TO SOMEONE YOUNGER?

Joan Adams, 87
Oak Harbor
“Enjoy every minute of your life.”

Don Jodrey, 89
Freeland
“Make sure you vote.”

Virgil Olson, 86
Oak Harbor
“Be more positive and choose wisely who you associate with. Always wear a smile!”

Eloise Murphy, Age 83
Freeland
“Put money in the bank.”

Elva Hannahan, 70
Oak Harbor
“Choose to be happy and always have fun!”

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AUGUST IN FULL BLOOM

By Barry Wenaas, Program Assistant, Oak Harbor Senior Center

While looking over the events for August I was looking at the weekly events and it really made me smile – week one is National Simplify Your Life – week two is National Smile Week – week three is Friendship Week and then week four is Be Kind to Humankind Week. What a beautiful way to spend August or really any month of the year.

National Senior Citizens Day

I know I should start out the month on the first, but we are a special group of people and we would like to recognize the fact that we have National Senior Citizens Day and it is August 21, but every day is Senior Citizens Day at the Senior Center. We are so very active, as seniors should be. This keeps us young. On August 19, 1988, President Ronald Reagan issued Proclamation 5847 creating National Senior Citizens Day to be August 21. When President Reagan made the Proclamation in 1988 he said “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute. We can best demonstrate our gratitude and esteem for our older citizens by making sure that our communities are good places in which to mature and grow older.” If you are a Senior Citizen, enjoy!

On that note, let’s get moving and celebrate National Mountain Climbing Day. They say everyone should climb a mountain at least once in their lifetime. It is an exhilarating experience with a huge reward at the top of the peak. Fresh air, magnificent scenery and bragging rights to family and friends. You may find it so exciting you may have a new hobby. Can you climb a mountain? Sure you can – young children under 10 and senior citizens over 80 have climbed mountains. Josh Madigan says, “Its more stamina and mental, than strength.” So there’s no reason you cannot climb a mountain. Don’t forget your camera, stay on the trail, bring plenty of water, and wear good hiking boots. Have fun and enjoy.

International Beer Day is a day to celebrate the beverage that’s most popular alcoholic beverage. Prior to 2013 this holiday was always celebrated August 5. Now it is celebrated the first Friday in August. It is truly a global celebration enjoyed by people over 50 countries around the world. Be safe and drink responsibly.

Now how about something Sweet? On August 4, we celebrate National Chocolate Chip Cookie Day. Did you know Americans eat an average of 18,928 cookies (all kinds) in their lifetime? The chocolate chip cookie was invented by Ruth Graves Wakefield from Massachusetts in 1938. Her husband ran the Toll House Inc. resulting in her cookies being called “Toll House” cookies. Nestle bought the rights to the name and the rest is history. This day deserves the “National” tag as chocolate chip cookies are America’s favorite cookie.

Also August 4, we celebrate U.S. Coast Guard Day. It is the military branch that protects our waters and shoreline. The origin of the U.S. Coast Guard Day began August 4, 1790, and was called the Revenue Cutter Service and created by the U.S. Congress. Congress authorized construction of ten cutters. The ships were built to enforce U.S. tariff laws. The Revenue Cutter Service was renamed the “Coast Guard” in 1915. Friendship Day is celebrated the first Sunday of August. It’s a fun day to nurture relationships, new and old. In 1935, the U.S. Congress proclaimed the first Sunday of August as National Friendship Day. Following its popularity in the U.S., several other countries adopted the tradition of dedicating a day to friends. In 1997, the United Nations named Winnie-the-Pooh as the world’s Ambassador of Friendship.

Wiggle Your Toes Day happens August 6, but any day is a good day to wiggle your little piggy toes. Most of the time your toes are cramped up inside a pair of shoes or sneakers all day and they would like a chance to move about freely. August 6, 1789, through an act of Congress, the Federal Government took over responsibility for building and operating our nation’s lighthouses. The government recognized the importance of lighthouses to ships at sea and to find safe harbor during fog and storms. With the advent of radar and GPS technology, lighthouses have taken a back seat in guiding ships to port. There are numerous lighthouse preservation societies and organizations promoting and protecting the historical significance to communities and to the nation. This would be a great day to visit our local lighthouse here on Whidbey Island!

There are tall tales in Oak Harbor about zucchini, mainly never leave your car unlocked during zucchini season. So now we can talk about Sneak Some Zucchini onto Your Neighbor’s Porch Day. It is said zucchini is one of the most prolific plants in all of the gardening world. Someone said a small row of zucchini has the potential to end world hunger. Desperate times call for desperate measures. It’s time to sneak off to your neighbor’s porch and unload some zucchini. Today, August 8 is the day.

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.

By Barry Wenaas, Program Assistant, Oak Harbor Senior Center

I play. I cherish. I treat.

A pet friendly community

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presidential proclamation. Their flight changed history forever. It was heavier than air and it flew! Because of the Wright Brothers, I was able to enjoy my dream of being a pilot. Many wonderful days of flying. A very special friend, Scott Crossfield, reenacted the Wright Brothers flight with a replica of their aircraft. What an exciting day. Scott had been a test pilot and piloted the first aircraft.

National Ride The Wind Day
August 23

How would you Ride The Wind Day? There are many ways to spend August 23 – fly an airplane, fly a kite, parachute, hang glide, take a motorcycle ride, hop in a sail boat or just lay back and enjoy summer.

“Just Because” is a great day and we celebrate it August 27. This is a day we can do something without rhyme or reason – most of our life we must do things because we have to. None of that applies today. What can you do on Just Because Day? Well, take an unplanned vacation; visit someone you have not seen in a while; knock on someone’s door and compliment on their great lawn; skip, don’t walk; jump in a puddle (if we get some rain) or just buy something you do not need.

To end the month let us “Toast The Marshmallow.” This special day is August 30. Summer would not be the same without toasting marshmallows – specifically with chocolate, a great campfire. Enjoy this campfire food.

Enjoy the Beauty of August – the Veggies are in full production and the Dahlias are in full bloom.

Whidbey Art Party: Leaping Orca

Come join professional painter Amy Hauser for a one of a kind art party! This month she will instruct you through “Leaping Orca.” 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 September 12, 2018 from 6:00 – 8:00 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.

CELEBRATE continued from page 1

• Try a new activity such as an art class, a card game you never learned, lapidary, dancing, exercise class, or knitting.
• Enjoy discounts at many restaurants and retail stores (Most places offer a senior discount so always ask)
• Volunteer
• Make new friends
• Explore what you really love to do and what makes you happy

There are many ways in which you can celebrate aging but the number one thing to keep in mind is doing it with a positive attitude! There can be a negative stigmatism connected with aging but it is up to you to decide your outlook on growing older. Some things you just cannot avoid when it comes to aging such as grey hair, wrinkles, or joint pain but you can have a positive viewpoint and enjoy the other parts to aging. I would encourage you to be a positive role model and show others that aging is something to be proud of! Together, we can make a difference in the community by showing others how great aging can be and the opportunities available to older adults. Like Reagan touched on, it is the older citizens to who we owe a thank you!
Hot August Nights

Last year we started a new annual event, “Hot August Nights,” to spend an evening gathered together and help raise funds to support the Oak Harbor Senior Center through the Oak Harbor Senior Center Foundation. Many Oak Harbor Senior Center and community members joined us at the Elk’s Lodge for a fun night of socializing, music, great food, and a lively auction. Together, we raised approximately $7,000 that night which then was matched by the Oak Harbor Senior Center Foundation, resulting in a total of $14,000. Then, Island Thrift generously matched our $14,000 resulting in a grand total of $28,000. With these funds we have been able to update the Center, purchase new equipment, and keep the Oak Harbor Senior Center thriving! With these funds and generous donations from the Oak Harbor Garden Club, the City of Oak Harbor Parks department, local painter Marvin Reed, and others, the interior has been painted, the exterior has been beautified by the addition of a patio, and there is still more to come! These funds have been essential to our Center and have made it possible to make improvements and keep the Center up-to-date.

We cannot wait to see what amazing changes and additions can be made with the use of donations from this year’s event and invite you to be a part of it! The 2nd annual Hot August Nights will be August 24, 2018 at the Oak Harbor Senior Center. The evening will start at 5:30 PM and include live music by Quarter Past 8 from Seattle, Wash., heavy hors d’oeuvres, no host bar, and a “fund a need” live auction. Tickets are $30 per person which can be pre-purchased at the Oak Harbor Senior Center or at the door. We would love your support as we continue to grow as a community and make improvements to our Center.

WIN THIS QUILT!

The Senior Bee’s Quilt group at the Oak Harbor Senior Center have made this beautiful garden themed quilt that you could win! Raffle tickets are just $1 each which you can buy at the Center! The funds go to support the Oak Harbor Senior Center! We will be drawing the lucky winner soon so be sure to get your raffle tickets before it’s too late!
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

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

www.senior-resources.org

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Call Island Senior Resources for instructor contact numbers and information.

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

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**TRAVEL LOG**

**OAK HARBOR SENIOR CENTER**
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**MYSTERY LUNCHES**
Wednesday, August 15
Tuesday, September 26
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30

**AUGUST TRIPS**

**MOUNT RAINER**
Wednesday, August 1 – Friday, August 3
8 AM (8/1) – 6 PM (8/3)
Member: Double, $425 • Single, $545
Non-Member: Double, $450 • Single, $570
Join us for this two-night, three-day trip to majestic Mount Rainier. Our first stop will be at historical Black Diamond Bakery for a delicious no host brunch as we make our way towards beautiful Mt. Rainier. That night the choice is yours, either take a scenic gondola ride to the summit of Crystal Mountain and enjoy dinner at the Summit House Restaurant or dine in one of the many options back down at the resort. The next day we will soar through the forest. We will stop for a no host lunch before our tour.

**PHANTOM OF THE OPERA**
Thursday, August 9
9:30 AM – 6 PM
Member: $120 • Non-Member: $130
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.

**TILLICUM VILLAGE**
Tuesday, August 14
8 AM – 5:30 PM
Member: $115 • Non-Member: $135
Aboard the Argosy Cruise line on a trip to Blake Island where we will enjoy a Northwest inspired buffet lunch, and experience the Native American Storytelling Performance in the Tillicum Longhouse. Buffet lunch features Alder Roasted Salmon cooked on cedar stakes around an open fire, Beef/Venison stew, wild rice, green salad, mushroom polenta, fruit and blackberry crisp and cookies for dessert. See the authentic Coast Salish totem poles and visit the gift shop! Bring your cameras and relax on a 4-hour Native American experience. Tickets must be purchased in advance, lease sign up by July 13 to reserve your spot.

**ADVENTURE BY AIR**
Thursday, August 16
10 AM – 4 PM
Member: $93 • Non-Member: $115
Carly’s second adventure will take you up high in the Sky! Join her on a Zipline adventure at Canopy Tours NW located on Camano Island. Kristoferson Farm features 23 1/2 acres of stunning forest, 6 zip lines, and a log bridge. Trained tour guides will assist us as we harness up and soar through the forest. We will stop for a no host lunch before our tour.

**DIABLO LAKE TOUR & LUNCH**
Thursday, August 30
8:30 AM – 6 PM
Member: $47 • Non-Member: $57
We haven’t tried our luck on the east side for a long time so join us at Snoqualmie Casino to see how well we can do. They offer discount lunch specials including their famous buffet, oriental food, and a deli style restaurant.

**MARINERS GAME**
Wednesday, August 22
9:30 AM – 7 PM
Member: $93 • Non-Member: $115
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.

**DIABLO LAKE TOUR & LUNCH**
Thursday, August 30
7:30 AM – 6 PM
Member: $90 • Non-Member: $110
Come along on a breathtaking tour that is a scenic splendor never to be forgotten. Step back in time on this historic cruise and explore remote Diablo Lake and the Skagit River Gorge high in the North Cascades. Price includes transportation, boat tour, and Northwest cuisine lunch. Tickets must be purchased in advance, please sign up by July 27 to reserve your spot.

**NORDIC MUSEUM, BALLARD LOCKS, & LUNCH AT RAY’S BOATHOUSE**
Thursday, September 6
8 AM – 5:45 PM
Member: $55 • Non-Member: $68
Let’s take a tour of the Ballard Locks! We hope to see salmon run through the locks during their peak season from June through September and enjoy a 1-hour informative tour. After visiting the locks, we will enjoy lunch at Ray’s Boathouse Cafe. Next, we will visit the New Nordic Museum which just re-opened in May after a huge renovation! This is our opportunity to visit and gain new appreciation for the history and customs brought to the Pacific Northwest from Norway, Sweden, Denmark, Finland, and Iceland. The museum features stunning architecture designed to resemble a fjord, a 3-story high map of Scandinavia, Viking artifacts, an art exhibit, and a room that has an indoor birch forest with an incredible wall-to-wall video landscape of all the Nordic countries. This will be a fun, informative, and exciting day in Ballard, Washington! Price includes museum entrance, locks tour, and transportation. No host lunch.

**VANCOUVER AQUARIUM**
Monday, September 10
9 AM – 6 PM
Member: $82 • Non-Member: $95
Prepare to be amazed as we take a trip to the Vancouver Aquarium located in B.C. There are many exhibits to keep your attention all day including sea otters, penguins, sea lions, sharks, amazon animals, and even dolphins! The Aquarium also features multiple cafes and gift shops so there is something for everyone! You don’t want to miss this experience to get up close and personal with the different sea animals.

**ADVENTURE BY LAND**
Tuesday, September 18
9:30 AM – 5 PM
Member: $40 • Non-Member: $48
On the final adventure we will keep our

**TRIPS continued on page 8**
Join us for LUNCH & LEARN

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

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

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

**Date** | **Topic and Presenter**
--- | ---
Aug. 7 | Today's Banking Options! Anne Bobinac, Heritage Bank Freeland Branch Manager, will explore everything from electronic banking options to fraud concerns. Bring your questions and concerns.

Aug. 14 | The Myths and Realities of Retirement Join Executive Director, Cheryn Weiser, in a conversation about retirement - Explore the concept of retirement from it's origin to the present and beyond. Share your perspectives about what the retirement years mean to you.

Aug. 21 | After Lunch Reverb Claudia Walker, harpist, will offer a quiet session of beautiful music. Lean back, relax, and let the music take you away.

Aug. 28 | What Are Your Ideas? Island Senior Resources is engaged in a strategic planning process that will guide the resources we provide to our Island communities over the next 3-5 years. Join Executive Director, Cheryn Weiser, and provide your ideas about the emerging needs of seniors and disabled adults in Island County.

**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**
--- | ---
Aug. 28 | Hospice of the Northwest Kaaren Flint has been in the healthcare field for over 12 years and has a passion for seniors since a very young age. Hospice came into her life at a young age, when she lost her Dad to cancer. Kaaren will educate us about the services provided through Hospice.

Sept. 25 | Opportunity Council Lisa Clark, Director of Island County Opportunity Council, will present about the services they provide. She will go over the different areas in which they help with including energy assistance, housing services, and various other community services they provide. They are an excellent resource so come learn about the ways they can help!

**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**
--- | ---
Aug. 1 | Bingo Come play Bingo! Aging & Disability Resources will be available 11:30 to 1:30 pm.

Aug. 8 | Who is Island Senior Resources? Find out what’s new at Island Senior Resources with Cheryn Weiser, Executive Director, and share your stories about the needs of seniors in Coupeville for the SR strategic planning process.

Aug. 15 | Cleaning Naturally Sarah Bergquist, WSU Extension, will explain how to create your own effective cleaning products from basic household ingredients.

Aug. 22 | What? Evey’s Reserve is 40? Judy Lynn, author of “Coupeville” and local historian, will talk about how the Reserve came about as we celebrate the 40th anniversary of Evey’s Landing National Historical Reserve with summer-long activities.

Aug. 29 | Staying Strong for Balance Harada Physical Therapy owner Erick Harada and staff from his Coupeville clinic will demonstrate, and then supervise, as you practice moves to build strength, a key component of maintaining balance.

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

**TIME TOGETHER ADULT DAY PROGRAM**

**www.timetogetherwhidbey.org**

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

**2 LOCATIONS!**

**St. Augustine’s in-the-Woods**
5217 S Honeymoon Bay Rd
Freeland, WA 98249

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

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

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feet planted on the ground as we explore the magnificent land around us. The location is still a mystery but Carly will be sure to take you on a hike that enriches the beautiful nature which surrounds us. We will enjoy the views, take in the fresh air, and enjoy each other's company. After working up an appetite we will enjoy an air, and enjoy each other's company. After the beautiful nature which surrounds us. Sure to take you on a hike that engulfs your feet planted on the ground as we explore. Enjoy many samples! Price includes the distillation process, and, of course, agricultural practices, cider making, and into hand-crafted spirits, learn about harvesting. Then, we will join the crew and harvest our own apples followed by a stop at the packing barn for a discussion about distribution. We will end the tour by visiting the cider line and their bakery! After this 2-hour tour, we will enjoy lunch at the Original Bob's Burger and Dairy. Then, we will take in the views of the Island and ending at a new cidery. The last day Island starting with their farmers market and then by visiting a local artist's studio and ending at a new cidery. The last day we will take in the views of the Island and take our time as we return home via the Swartz Bay and Anacortes Ferries. Cost includes transportation, ferries, 2-nights at Harbour House Hotel, dinner at Woody’s (10/6), & Breakfast (10/6 & 10/7). There is limited space so please reserve your spot by August 31! Please note: A passport is required.

BELLEWOOD ACRES FARM & FARM TO GLASS DISTILLERY TOUR Thursday, September 20 8 AM – 5 PM Member: $49 • Non-Member: $59 Let’s take a tour of Bellewood Acres in Lynden, WA! We will ride through the orchard while learning about the seasons, pollination, pest control, water-use and harvesting. Then, we will join the crew and harvest our own apples followed by a stop at the packing barn for a discussion about distribution. We will end the tour by the cider line and their bakery. After this 2-hour tour, we will enjoy lunch at the Original Bob’s Burger and Dairy. Before returning home, we will visit Farm to Glass Distillery and enjoy an hour-long tour. We will see the process of turning BelleWood Farm apples into hand-crafted spirits, learn about agricultural practices, cider making, and the distillation process, and, of course, enjoy many samples! Price includes transportation, farm tour, and distillery tour with tastings. No host lunch.

ANGEL OF THE WINDS CASINO Tuesday, September 25 9 AM – 3:30 PM Member: $27 Non-Member: $37 Come see Angel of the Winds new non-smoking section in addition to many new slots! You will also receive a $5 slot ticket and a discount on the lunch buffet.

CIRQUE DU SOLEIL VOLTA Friday, September 28 12:30 PM – 3:30 PM Member: $135 • 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 100 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 back home, we will make a quick stop for coffee and ice cream. Price includes transportation and ticket. No host lunch.

NORTHWEST WASHINGTON LOOP Friday, October 12 9 AM – 7 PM Member: $43 • Non-Member: $50 Join us on a trek around the Northern part of the state including stops at Lynden, Blaine, Birch Bay, Ferndale, Semiahmoo & Peace Arch Park. This will be a fun filled day you don’t want to miss out on!

IKEA Tuesday, October 16 9 AM – 5 PM Member: $45 • Non-Member: $55 Let’s take a trip down south to Ikea which offers various home furnishings, décor, kitchen gadgets, and so much more!

JIM BRICKMAN HOLIDAY CONCERT Saturday, December 1 10 AM – 6 PM Member: $100 • Non-Member: $120 Jim Brickman returns to Seattle for a special Holiday Concert. Tickets must be purchased in advance, to reserve your spot sign up before October 1st.

ISLAND SENIOR RESOURCES
For more information, call 360-321-1600 or 360-678-3373
ISR provides transportation to/from Bayview Hall, Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2018
All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM • Return 4:30 PM
Member: $35 • Non-member: $45

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From the Executive Director of ISR

By Cheryl Weiser, Executive Director, Island Senior Resources

On July 2, St. Augustine’s in-the-Woods Episcopal Church became the new home of Time Together South, Adult Day Program. The new space is twice the size of the prior space and freshly renovated. St. Augustine’s was deeply involved with the inception of the program, and now the program has come home. The St. Augustine’s church community has joined Island Senior Resources in making sure a valued program thrives. It is a shining example of the kind of community partnerships that foster resilience and sustainability of needed resources for seniors and disabled adults.

And, there’s more! Mel Watson, Director of Time Together, was inspired by the new space and imagined birdhouses in the trees surrounding the parking area that would enliven the view for participants at Time Together. No sooner than the request went out on the Internet than the birdhouses began being dropped off at Island Senior Resources (Bayview). In fact, so many birdhouses arrived that an urgent message needed to go out to let everyone know that we now had plenty of beautiful birdhouses.

And, then, Mel noticed that the dishwasher in the new space was not working well. So, we decided to put another message out to see if a newer dishwasher might come our way. Within 24 hours, the Manager of Home Depot in Oak Harbor called to say that they would donate a dishwasher. And, other members of our community dropped by to offer their support for a new dishwasher.

I do think that Mel is an expert at sending intentions into the universe that benefit Time Together and Island Senior Resources. That said, our gratitude knows no bounds for the gifts of space, of birdhouses, and of the dishwasher from a community that truly cares. Community is golden!

TSOA – A participant's story

My mother was diagnosed with Alzheimer’s nine years ago. She is now in the late stages and unable to perform daily functions. My father is her full-time caregiver. We have admired his love, devotion, and patience with mother since she became ill. He is amazing, but he struggles to keep up the pace as Mother’s 24/7 caregiver. The physical demands have become overwhelming. He’s a small, fragile man, and Mother is heavy and hard for him to move.

They need help but, Dad is resistant to change. My husband and I have been trying to get Dad to accept assistance, but he thinks he can do it all. One afternoon, we walked into Island Senior Resources looking for help. Even without an appointment they willingly met with us and explained how the Tailored Supports for Older Adults (TSOA) Program could help. I felt like a thousand-pound weight had been lifted from my body after meeting to discuss the situation. Their caring nature, patience, and kind aura made such a difference. All I could say to my husband was “we came to the right place.”

After many caring conversations and home visits with the Caregiver Support Specialist, my dad was willing to listen and accept help and guidance. My mom is now receiving in-home care from a certified caregiver, and they have a Personal Emergency Response System if needed. Both of these services are completely free! His Caregiver Support Specialist also arranged for my mom to receive Palliative Care in the home, covered by Medicare. This service has helped to monitor medications, reduce difficult trips to the doctor, and provide peace of mind. What a godsend to know that help is available, and that the Caregiver Support Specialists could orchestrate, with my dad, a plan that could literally save his life.

— A participant’s story (condensed)

Note from Chasity Smith, Director of Aging & Disability Resources: This couple is receiving services through a new state program called Tailored Supports for Older Adults (TSOA) available through Island Senior Resources. Designed to promote independence and client choice, this program builds on elements of our Family Caregiver Support Program that provides much-needed services and support. All services are free of charge for those who are financially and functionally eligible. For more information call (360) 321-1600 or (360) 678-3373.
AUGUST HIGHLIGHTS at Island Senior Resources

Living a Healthy Life with Diabetes

Learn how to eat well, get better sleep, manage medications, and work with the healthcare system.

Class meets Thursdays, 1 PM – 3 PM, Aug. 9 – Sept. 13. FREE class, Space is limited; registration required. Call Debbie Metz 360-321-1621.

Dementia Care Classes for Unpaid Caregivers

Sept. 11 – Let’s talk about the Brain: The Impact of Dementia. Understand how the brain changes with dementia and the reasons behind challenging behaviors.

Sept. 25 – The Caregiver Journey: The Stages of Dementia. Learn how dementia progresses and how you can anticipate and respond to the changes while supporting your own needs.

Oct. 9 – Caregiver Challenges: Dementia Day-by-Day. Learn to recognize unmet needs that often cause challenging behaviors. 10 AM-Noon. Classes are FREE. It is recommended you attend all three classes in the series. Oak Harbor Library 1000 SE Regatta Dr. Registration required, www.thecaregivercoach.info. Questions? Call Kathleen at 360-969-5471. Brought to you by ISR Family

Silver and Gold

Do you have an unmatched earring or broken necklace that is silver or gold? Donate your miscellaneous silver and gold items to Senior Thrift. Every piece helps fund the essential resources provided by Island Senior Resources.

Tired of Clutter?

Time to “summer-clean!” Senior Thrift needs your donations. Please don’t wait! Summer is our busiest time of year. The more you donate, the more we sell, and the more we sell, the more you help to sustain the work we do. We need volunteers to help process items for sale! Call Senior Thrift at (360) 331-5701 for information.

Thank you, Lucy!

Lucy Hansen has been a dedicated volunteer at Senior Thrift for 35 years. She is retiring. She managed our women’s clothing department, guided new volunteers, kept us on our toes, and has been a wonderful friend to all. We will miss you, Lucy!

Be Kind to Your Feet

Do you know how important your feet are for safety, balance, and good health? Is it hard for you to reach your toes? Do you need help to take good care of your feet? Let us help you to be confident your feet are healthy! At the Footcare Clinic at Island Senior Resources (Bayview), your toenails will be soothingly cared for – trimmed, filed, and finished with a relaxing rub with lotion. Theresa Murray, licensed and insured, offers the Footcare Clinic every Tuesday at ISR Bayview. 30 Minute appointments are $25. Call (360) 341-3210 with any questions or to schedule an appointment.

Tuesdays are Special!

South Whidbey at Home and Island Senior Resources are collaborating to provide interesting, educational, and inspiring lunch & learn sessions every Tuesday, 12:30 to 1:30 PM at Island Senior Resources (Bayview).

Music Mends Minds!

Whidbey Island’s renowned “3 Bayview Tenors” welcome all People with Parkinson’s (PwP) and their caregivers to join them in song. Performed “Karaoke-style,” (not croaky-style, as some have claimed) we believe that our raucous music-making exercises help us to PROJECT our voices and counteract PwPer’s “soft-voice” tendency. 60-80% of PwP have some difficulty with their voice and swallowing. Regular singing helps to maintain the muscles involved in speech. It’s fun to sing familiar songs from “our era” in a supportive environment with other PwP! Singing together is fun and has bonded us as friends.

We invite you to join us. It’s FREE! Tuesday afternoons, 2:30 to 3:30 PM at Island Senior Resources (Bayview). Contact: Mel Watson, Director. Time Together Adult Day Program, mel@islandseniorservices.org, 360-321-1623.

For a more in-depth discussion about the relationship between PD symptoms and singing, see: www.todaysgeriatricmedicine.com/archive/JF18p18.shtml

AUGUST 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. Check out our sales calendar on our website at www.senior-resources.org

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“To stay independent, I do things that maintain my health, even if they don’t look strenuous to others. I pedal an exercise bike while watching TV. I talk, even if my back hurts and I’m slow. My routine provides me with exercise and social exchanges.”

Besides housing and mobility, another challenge for older elders is nutrition. After cooking for his wife for many years, Leo didn’t have the energy to cook for himself. Once settled, he set about discovering how to be well-fed. “I do breakfast, but I hardly cooked lunch or dinner in twelve years. The ISR meal-site at Brookhaven is a miracle of nutrition, taste, and variety. I don’t know how Debbie (Metz) does it, but I’m not tired of her menus. And the church soup programs provide another option and social time. After meals I visit, play cribbage, and oversee the jig-saw puzzles, reminding them we are all strangely shaped pieces trying to fit in the puzzle of life.”

The social aspect of eating is as important as nutrition for seniors. Leo notices, “We tell each other stuff at the table. It’s not usually big things, but to express mutual concern for one another allows us to empathize, and empathy is how people experience belonging.”

When I join him for a meal, I notice my father’s belonging and the mutual “watching over.” Leo continues, “People need a group and a few one-to-one relationships. We track with each other more than other age groups. We offer short visits, little baked goods and other offerings that signal that we see how we are.” And he tells me, “It’s often this peer group among the old-age that notices increasing frailty of mind and body and can alert family members or appropriate social services staff.”

Noticing the subtleties of change is particularly important as people become more homebound. When receiving nutrition through Meals on Wheels, for example, the volunteer driver may be the only person the homeboundelderly interact with all day. People who attend programs like Time Together (featured last month) refer to it as “a village in a day,” where they relax with others of similar needs and are cared for just as they are.

We live among others in a village that is constantly reshaping. It’s part of healthy aging to help one another. My father and I connect through familial bonds, and I have friends who are just as attentive and enriched by tending a neighbor, a church member, someone they fish alongside, or knew in the Navy.

As Leo says, “This is how we live now. When families are widely dispersed, the village becomes more important. We need companions, advocates, trusted friends—and to introduce our faraway families to our village and our village to them.”

It’s Together We Care, Island Senior Resources’ one-day challenge to our community to raise $10,000 to support our essential services for seniors and adults with disabilities, their families, and caregivers. Please donate and help us meet our goal. What a difference you will make for so many. Please, help spread the word of our challenge. Post it on Facebook, tweet it, or simply tell a friend when you meet them for coffee. On August 1, please make your donation:

- securely online via our website www.senior-resources.org/donate
- bring it to Island Senior Resources (Bayview), or our resource staff at Oak Harbor Senior Center or Camano Center,
- or mail a check to Island Senior Resources, P.O. Box 939 Freeland, WA 98249 (put Together We Care in the memo).

Are you concerned you might forget to donate August 1? Donate now, and please consider becoming a monthly donor.

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.

Fun and Games:
• Why Play is Important for Seniors and How to Do More of It
• The Surprising Benefits of Puzzle Solving for Seniors
• Large Print Crossword Puzzles for Seniors
• Easy Card Games for Seniors

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?
• Are we reaching you in ways you want to be reached?
• How can we improve?
• Do you donate to us? If so, why? If not, why not?
All feedback is confidential. If you wish to reply, please leave us your phone number or email.