

Island Times

Look for Island
Times the LAST
Thursday of
each month
JULY 2018

MONTHLY NEWSLETTER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 2 • Issue 3

New Medicare Cards

By Carly Waymire

Oak Harbor Senior Center Program Coordinator

A few months ago the Centers for Medicare and Medicaid Services started sending out new Medicare cards to beneficiaries. You may have already received your new, updated card in the mail and if you haven't, don't worry yours will be coming. You do not need to do anything to receive your card as they will automatically be issued to each individual. This change in process will take a while and they expect to be sending the new cards throughout the year. It is important to make sure your address is up to date so it comes to the correct location. The address they will be using is associated with your Social Security account. If you need to update your address you can contact Social Security at 1-800-772-1213. Your new card will look a little different and no longer include your Social Security number. Instead, your new card

should include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started. You can start using your new card as soon as you receive it and it is recommended that you destroy your old card after receiving your updated one. The Centers for Medicare and Medicaid Services also suggest that you keep your Medicare Advantage, Part D prescription and/or Medigap cards. It is also recommended that you only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf. As this change happens we want you to be aware of possible scams. Medicare will never call you uninvited and ask for personal or private information about your new Medicare Number and card. If you have any further questions you can talk to a Medicare representative by calling 1-800-633-4227.

Sources: My Medicare Matters – National Council on Aging & Medicare.gov – Your Medicare Card



Part 2

Village in a Day

By Christina Baldwin

Board Member, Island Senior Resources

Last month I wrote about creating a personal village. When we move into a new place or a new stage in life, we know we need to put the infrastructure for our lives into place. But what if we can't? What if we, or someone we love, someone we care for, cannot organize things like finding a doctor or dentist, or manage daily activities, like bathing, cooking, paying bills, shopping, using a credit card, filling the gas tank? In such circumstance, the caregiver needs help, and, the care-receiver needs help; they need a new village.

Isolation can seep into our daily lives like a fog of ever-increasing need for assistance or descend suddenly when a diagnosis or change in our situation seems so overwhelming we don't know how to ask for help or explain what's happened to us. Just when we most need connec-

tion, we may find ourselves without it or struggling to redefine it.

"Connection" is the essence of village life: people relating to people, offering help when needed, sharing resources, and gathering around neighbors and friends. "Connection" is invisible yet tangible: a sense of belonging, making a difference, feeling cared for, and being needed by others. People naturally want connection, but feeling part of a village can be incredibly difficult when mental or physical limitations isolate us.

As a member of the ISR board, I have been introduced to a program that is all about connection. Island Senior Resources staff calls it "Time Together." I call it "Village in a Day."

Time Together serves adults of all ages

VILLAGE continued on page 3

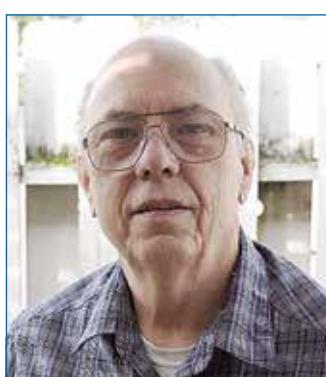
QUESTION OF THE MONTH: **WHAT ARE THREE SECRETS TO LIVING A HAPPY LIFE?**



Joe Lewis, 65

Clinton

"1. Free your heart from hatred
2. Free your mind from worries
3. Free yourself from Energy Vampires"



Jon Shoar, 72

Oak Harbor

"1. Belief in God
2. Be content with yourself
3. I can't think of a 3rd one!"



Lisa Shepard, 53

Clinton

"1. Appreciate everyday!
2. Enjoy nature and all it provides.
3. Don't judge and embrace life!"



Sandra Martenson, 81

Oak Harbor

"1. Lasting friendships
2. Winning at the slot machines
3. Doing volunteer work for others



George Middlebrook, 68

Clinton

"1. Don't make me think!
2. Don't make me work!!
3. Don't ask me questions about work!
That's happiness."

From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Join us! Tell us!

- What challenges are you, or seniors or adults with disabilities that you know, facing?
- Who do you, or seniors or adults with disabilities that you know, rely on when you/they need help?
- What do you know about Island Senior Resources?
- What services, provided by Island Senior Resources, do you feel are most vital to our community?

Island Senior Resources is updating our strategic plan for our role in serving seniors, adults with disabilities, their caregivers, family, and friends. We invite you to share your ideas and insights. Help us to better understand the needs and desires of our communities throughout Island County.

Between July and September of 2018, please use one of the following ways to provide your input:

- Online survey on our website www.senior-resources.org
- Paper survey available at the Island Senior Resources (Bayview), Oak Harbor Senior Center, the Camano Center, and Senior Thrift
- Lunch & Learn conversations during July and August at Island Senior Resources (Bayview) and Coupeville Methodist Church (the HUB)
- Other community groups as requested, contact Cheryn Weiser at cheryn@islandseniorservices.org.

We need to hear from seniors, adults with disabilities, caregivers, family members, and friends, providers of health and human services, elected officials, and community group. It is essential that we hear from as many Island County residents as possible to help inform and guide our programs for the next three to five years. We expect to complete our strategic plan by December 2018.

Our communities throughout Island County are very important to us. **You** are important to us. **Let us hear from you!**

Time Together - In the Woods

by Mel Watson, Director Time Together

This summer, Time Together South is returning to its roots, moving from Island Senior Resources (Bayview) to the place of its birth, St. Augustine's in the Woods Episcopal Church. Island Senior Resources will still run the program in this new location.

Hundreds of families on Whidbey Island have been touched by the Time Together Adult Day Program, the brain-child of Fred and Elaine Lutke, and a group of devoted members of St. Augustine's. Time Together was born from a collec-

tive of folks who have a deep faith and heartfelt wish to serve the community. They saw a need and set out to fulfill it. Since its creation in 1997, there has been a steady lineage of kindness that has sustained the program. This kindness pervades our island community and manifests in countless ways that give rise to a sense of meaning and hope in a world that can seem to favor profit over people, and a fast pace over person-to-person connection. Those who have firsthand experience of the program know how life-changing "connection" can be.

What if you have planned for your retirement and after a few years of enjoyment, you started to notice some changes in your husband. It began with forgetting small things that you shrugged off as just normal aging, but then one day he left the car running in the garage, and then the banking was not done correctly, which is something he has meticulously done since you were married. You were both worried about what this could mean. After a doctor's appointment, and some specialist referrals he received the diagnosis of mild cognitive decline with a high risk of developing Alzheimer's or other dementias. That was a few years

TIME continued on page 4

HOW TO REACH ISLAND SENIOR RESOURCES

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

SHIBA

Senior Thrift 360-331-5701

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

OUR LOCATIONS

Island Senior Resources (Bayview)

14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center

(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center

(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

CamBey Apartments

50 N Main St
Coupeville, WA 98239

Senior Thrift

5518 Woodard Ave
Freeland, WA 98249

For more information call:
(360) 321-1600 or (360) 678-3373

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July 2018

"To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~Leo Buscaglia

VILLAGE continued from page 1

with different levels of cognitive and physical challenge. After Outreach Manager and Executive Coordinator, Robin Bush shared a day with the Time Together program in Oak Harbor, several weeks ago, I interviewed her for her impressions. She noticed several things that are foundational to making this program into a village experience. "As each person arrived, their level of disability disappeared into the warm welcome everyone received as they came through the door. I was welcomed, too. They looked at me, a stranger, and asked, 'Who are you?' I said, 'I came to visit,' and they reassured me, 'You'll like it. You're with friends here.' Throughout the next four hours, I discovered they were right.

"We told stories and had a cup of tea, sitting around a table together, like old friends catching up on the news of the day. We did an art project together – beauty created by mixing water and colors. We laughed as we read jokes to each other. We had a tasty, healthful lunch supplied by the Nutrition program at Island Senior Resources. Everyone encouraged each other to eat, in good-natured and often silly ways that reflected their comfort with each other. And in the afternoon, we played a seated volleyball game with a balloon ball that got everyone's bodies moving, bending, and reaching."

One thing that Robin felt deeply was how much the participants care for one another. Even if their memories of the day don't last, or if they can only smile and not speak, the "connection" is present. Some take on the role of caretakers,

filling water glasses at the lunch table or helping when someone spills and needs some cleanup. Others need caring for: an arm to help them balance as they stand, or an outstretched hand to bat the balloon in the middle of the volleyball game.

"The happiness of those hours had everyone feeling fulfilled, part of something, connected to each other," Robin said. The staff and participants create a "Village in a Day," each time they come through the door. Now, with the south end program moving into spacious and refurbished quarters at St. Augustine's Church on Honeymoon Bay Road in Freeland, programs will be flourishing at both ends of the island.

There are many facets to this village in a day: one is the folks who attend, another is the folks who tend. While participants are enjoying a day together, their families, caregivers, and those who provide their daily life support are having time to tend their own needs and to seek their own connections.

The wife of one participant said, "I'm in this until death do us part. I try to be consistently loving and patient, but the task is unrelenting. I need support too. Nobody trained me for caregiving; I'm just making it up, doing the best I can. Time Together gives me time apart. I get my hair done, buy groceries, have coffee with a friend, take a walk or a long soak. These precious hours revive me."

Mel Watson, Time Together Director at Island Senior Resources, says, "Time Together was started by a small group of friends having coffee at St. Augustine's and the church has redecorated the downstairs and reworked landscaping and driveway access to accommodate Paratransit." Through this generosity, and raising money for scholarships to attend Time Together, the church is providing a site where the village can flourish day by day. Mel adds, "We have highly trained staff and volunteers, so we can tailor the program to meet the needs of whoever shows up. We are in a renewed stage of providing service and support."

The door opens—people are welcomed. People are supported. Life goes on in all its variety. We've built our village in a day.

Note: For more information on the Time Together program contact: Mel Watson, Director of Time Together at (360) 321-1600, (360) 678-3373.



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:

- Aging in Place
- Benefits of Adult Day Programs
- The Importance of Social Interaction for Older Adults
- Three "Brain Games" Websites for Keeping Older Minds Sharp

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Whidbey Weekly

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Thank You St. Augustine's

The Time Together Scholarship Fund recently received \$1,000 from St. Augustine's Church. The funds are proceeds from their annual Trash and Treasure Sale. Thank you St. Augustine's and all the community members who supported the sale! Other recipients of supporting funds were Healing Circles, W.A.I.F., and Soups On.

TOGETHER WE CARE

Don't miss Wednesday, August 1!

It's Together We Care, Island Senior Resources' one-day challenge to our community to raise \$10,000 to support our essential resources 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 us 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 to 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.

TIME continued from page 2

back. Now he is showing further decline, and you just don't feel that you can leave him alone in the house. It seems that friends are not coming around much anymore. How do you find some time for yourself to run errands or go to a support group? It's too much to cope with alone. Is there somewhere and someone who can help? Yes. Time Together is here for you.

What if you have a child that was born with a developmental disability. You received support right up until they turned 21, and then, that support ended. You are now in midlife, and your child is an adult and depends on you for so much of their daily needs. You can have in-home caregivers come to the house, but you are looking for more socialization opportunities. Where can they be supported and celebrated for the amazing people that they are? Is there somewhere and someone who can help? Yes. Time Together is here for you.

What if you are recovering from a stroke or are living with Parkinson's. You want to remain as independent as possible and be supported and respected, but sometimes your body just won't do what your brain is telling it to do. It is frustrating, embarrassing, and scary. You recognize that your spouse needs a break from the daily help you need. Doing physical and cognitive exercises, and singing are important to improving and sustaining ability, but it can be expensive to go to individual classes, and challenging holding down a schedule to try to get there. Is there somewhere and someone who can help? Yes. Time Together is here for you.

This is Time Together: a place for you, your spouse, child, grandparent, neighbor, friend, or loved one, filled with music, art, activities, good food, laughter, and a group that becomes a "family" to

Fred and Elaine Ludtke, two of the original creators of Time Together

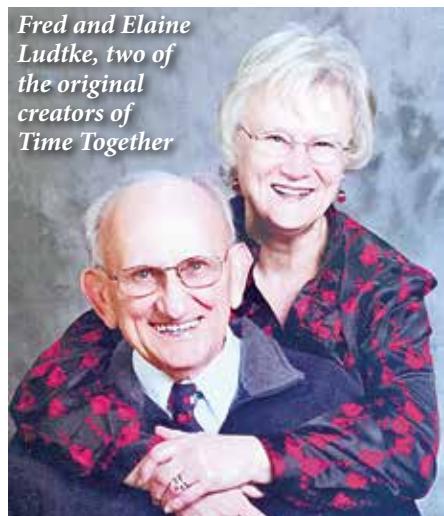


Photo by Michael Stadler, Stadler Studio Photography

each other. It's an inspiring example of caring for those wishing to live in a world where people come first. This belief has brought the program full-circle to return home to its place of birth at St. Augustine's In the Woods. The freshly renovated space is in a peaceful forest setting, surrounded by a loving and caring community. What a perfect environment for Time Together.

The congregation at St. Augustine's is delighted that Time Together has returned once again to the church, and Island Senior Resources is deeply grateful for the generosity of the church for making this move possible. We have been looking, for over two years, for the perfect space for the southern program. Finding a home at St. Augustine's is a dream come true.

We look back at the past 20 years with full hearts. Hundreds of people have been served through some of the most difficult times in their lives by this beloved program. Island Senior Resources, St. Augustine's in the Woods, and all those who work tirelessly in the community to help others, know the great secret - when in service, we serve us.

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We encourage everyone in our community to think forward. When you become a Think Forward Donor, you commit to making a recurring monthly gift. When you do, you become a vital part of a sustainable future for Island Senior Resources. We provide essential resources for seniors, adults with disabilities, and those who care for them. You may not need us today; you may need us tomorrow. Think forward. Sign up today at www.senior-resources.org/donate.

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SHIBA Medicare Advising

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased and confidential advising for Medicare benefits and insurance options.

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 volunteers. Presentations are FREE, no pre-registration required. Counselors will be available to answer brief questions following the seminars. Each seminar is about 2-2.5 hours long. For information call: 360-321-1600 ext 0

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

Monday, July 16 10 AM

Saturday, September 8 9:30 AM

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277

Tuesday, July 24 1 PM

Friday, August 17 10 AM

Thursday, September 20 2 PM

Information will be provided on "basic" Medicare benefits as well as options for additional insurance(s). Medicare parts A and B will be discussed. We will also cover the differences between "Medigap" (supplemental) insurance and the various Advantage plans available on Whidbey Island. We will review benefits and rates. Information about prescription drug plans will be included. If you want help with your drug plan, bring a detailed list of your drugs. Counselors will be available to answer brief questions following the seminar.

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

Note: 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 and eligible children.

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.

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2 LOCATIONS!
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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.



Island Senior Resources (Bayview)

14594 SR 525
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Contact Mel Watson, Time Together Director Island Senior Resources
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OAK HARBOR SENIOR CENTER

51 SE Jerome Street, Oak Harbor, WA 98277

360-279-0367 (kitchen) or 360-279-4580 (Center)

Meals served Mon, Wed, Fri, 11:30 am

CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282

360-387-0222

Meals served Mon, Wed, Fri, noon

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MENU - JULY

\$5 Suggested donation for meals

WEEK 1

Mon	2	Nathan's Dog on Bun & Fixins
Tues	3	Salad Bar w/Variety of Veggies
Wed	4	Holiday - Meal Sites Closed
Thurs	5	Chef's Choice
Fri	6	Crispy Fish & Chips w/Tartar

WEEK 2

Mon	9	Sweet & Sour Meatballs
Tues	10	Salad Bar w/Variety of Vegetables
Wed	11	Chicken Parmesan w/Marinara
Thurs	12	Chef's Choice
Fri	13	Pulled Chicken Sandwich

WEEK 3

Mon	16	Salisbury Steak w/Gravy
Tues	17	Salad Bar w/Variety of Vegetables
Wed	18	Southwest Chicken Salad
Thurs	19	Volunteer Lunch- Lasagna
Fri	20	Pork Loin & w/Apple Chutney

WEEK 4

Mon	23	Chicken Strip Basket w/Oven Fries
Tue	24	Salad Bar w/Variety of Vegetables
Wed	25	Meatloaf w/Tomato Topping
Thur	26	Chef's Choice
Fri	27	Salmon Caesar Salad w/CROUTONS

WEEK 5

Mon	30	Rosemary Chicken
Tues	31	Best Reuben Sandwich

Join us for LUNCH & LEARN



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

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
July 4	<i>Bingo</i> Come play Bingo! Aging & Disability Resources will also be available 11:30 to 1:30 pm.
July 11	<i>Careage Returns</i> Sean O'Neill, Executive Director for Careage of Whidbey will discuss what the only skilled nursing facility on Whidbey Island has to offer Island residents and how you can help work through regulations to assure your comfort. Delicious cookies included!
July 18	<i>Bring Your Reading Devices</i> Debbie LaGasse and Brian Haight, Coupeville Library, will help you use your reading devices (Nook, Kindle, cell phone, tablets), explain the library free digital download process, and explain the new book-a-librarian service!
July 4	<i>40 Years of Farmers Markets</i> Peg Tennant, Coupeville and Oak Harbor Farmers Market Manager will recount the success of 40 years of sustaining farms and farmers thru Farmers Markets; and tell you how the Farmers Market Nutrition Program can help you put nutritious, low-cost food on your table.

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
July 3	<i>No Lunch and Learn Today – Happy 4th of July</i>
July 10	<i>Safety in the Home</i> Join Chief H.L. "Rusty" Palmer of SW Fire/EMS in a discussion about safety in the home. Do you need to know more about fire extinguishers, smoke alarms, when to call 9-1-1, or other safety concerns? Bring your questions and join a lively conversation.
July 17	<i>The Challenges of Grandparenting</i> Judith Arnett, a Langley Marriage and Family therapist, will talk about Grandparenting today. How do we engage with our grandchildren and their parents in a healthy, nurturing way? How do we resolve problems if they arise? How can we maintain healthy boundaries for ourselves as we participate in this new role?
July 24	<i>Growing Tomorrow's Farmers</i> Learn about the work and learning that takes place at the Organic Farm School in Maxwelton Valley as young people are trained to be our next generation of farmers. Judy Feldman, Director of the school, will present.
July 31	<i>What are your ideas?</i> 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 adults with disabilities 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
July 24	<i>Archeology Systems on Whidbey Island</i> Gidon Cauffman, Oak Harbor City Archaeologist, will be sharing about the archeology systems on Whidbey Island. Gidon has been interested in archeology since he was a young boy and earned his BA in anthropology from Washington State University.
Aug. 28	<i>Hospice of the Northwest</i> 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.

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.

JULY

OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:30 Enhance Fitness 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Dottie 3 Clogging 5 Tai Chi	8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 6 Pinochle 6 Lapidary 7 Stamp Club (2nd & 4th Tuesdays)	9 Billiards 9 Lapidary 9:30 Enhance Fitness 11:30 LUNCH 12:30 Party Bridge 12:30 Ping Pong 2 Caregiver Support (4th Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 9:30 Enhance Fitness 12:30 Cribbage 1 SVC History Class 1 Reiki Treatments 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	9 Quilting 9 Billiards 9 Tai Chi 10 Walking Club 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong 3 Afternoon Tai Chi July 9 8:30 Discovery Hike July 16 10 Getting Ready for Medicare 1:30 Social Security Basics	8:45 Advanced Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Beginning Tai Chi 10 Time Together 10:30 Tune In, Tone Up 10:30 Ukele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Sing-a-long July 3 10 Parkinson's Support Group at Trinity Lutheran Church July 10 10 Alzheimer's Support Group	9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together 11:45 Lunch Served 6:30 Bingo July 25 11:45 Birthday cake and Party (all are welcome) 11:45 Blood Pressure Check	8:30 Men's Bridge 9 Senior Striders 10 Time Together 1 AARP Tax Prep appts recommended call (360) 678-3000 6 Twilight Bridge	9 –4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10 Time Together 10:45 Fun Band Dancing 11:45 Lunch Served July 13 1 Legal Consultations July 27 1 Legal Consultations	

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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MYSTERY LUNCHES

Tuesday, July 10
Wednesday, August 15
Wednesday, September 26

Depart: 10:30 AM – Return: 2:30 PM
Member: \$20 • Non-Member: \$30

JULY TRIPS

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. Bring your grandchildren for a fun day! Whatever you do, enjoy the sights and sounds of this exciting city!



TULALIP CASINO OR OUTLET MALL

Tuesday, July 17

9 AM – 5 PM
Member: \$27 • Non-Member: \$37

It almost feels like a Las Vegas casino, great buffet, plus other attractions close by. If you don't feel like gambling you can shop the day away at the Seattle Premium Outlet Mall.

HIGH TEA WITH DEBBIE MACOMBER

Wednesday, July 18

8:45 AM – 6:30 PM
Member: \$75 • Non-Member: \$90

Are you a Debbie Macomber enthusiast? This is your opportunity to meet her in person! We will head over to Port Orchard via the Port Townsend ferry and have high tea with award winning author, Debbie Macomber. This is an exclusive opportunity that does not come around very often. Debbie is not available to meet with many groups so take this opportunity now! Cost includes transportation, ferry, high tea, and meet & greet with Debbie Macomber. Please note: Because of Debbie Macomber's busy schedule her publicist may have to pull her away at a moment's notice so this is not a guaranteed visit. If this situation were to happen, her staff would make arrangements to meet with our group.

DECEPTION PASS BOAT TOUR

Friday, July 20

10 AM – 3 PM

Member: \$65 • Non-Member: \$75

Get out and enjoy the beautiful scenery and fresh air around us. First take a short nature walk on a paved trail around Cranberry Lake. After that, enjoy a picnic lunch including fresh, local food selections.

Next, we will see Deception Pass from a new perspective on a guided hour-long boat tour. Price includes transportation, picnic lunch, and boat tour.

BELLIS FAIR MALL, BELLINGHAM

Monday, July 23

9:30 AM – 4:30 PM

Member: \$28 • Non-Member: \$35

A morning of shopping with great stores including Macy's, JCPenney, Christopher Banks, Target, Bath & Body Works, Kitchen Collection, and so much more. Next, we will make a lunch stop at the Olive Garden and then stop at Trader Joe's before returning home.

ADVENTURE BY SEA

Wednesday, July 25

8:45 AM – 5 PM

Member: \$90 • Non-Member: \$110

This summer, Carly will be leading an adventure series including a tour by sea, air, and land. If you book all three tours at the same time you will receive a 10% discount. Let's start the adventure series at sea by taking a 2.5-hour guided kayak tour out of Langley. This tour includes all needed gear, supplies, and private tour guides. We hope to enjoy views of mountains, sea life, and the beautiful surroundings. We will stop for a no host lunch before heading back home.

A DAY IN LYNDEN

Tuesday, July 31

8:30 AM – 4:30 PM

Member: \$32 • Non-Member: \$40

Lynden is home to Washington State's largest Dutch settlement. Visitors are greeted by a 72-foot tall working windmill. Walk the four-blocks of Front Street known as Dutch Old Town and enjoy lunch at Dutch Mother's Family Restaurant, Avenue Bread Cafe, The Mill (just to name a few!) or pick up Good to Go's fresh meat pies and walk 5 minutes from downtown to the City Park which connects to the Jim Kaeminak Trail. Visit the Lynden Pioneer Museum which houses one of the largest collections of antique buggies in the U.S. You can also spend your day wandering through their quaint shops. Enjoy a Dutch treat in Lynden!

AUGUST TRIPS



MOUNT RAINIER

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 wake up and enjoy complimentary breakfast at the Alpine Inn before heading to Northwest Trek for a day of sightseeing. On the third day, we will head over to famous Paradise and have time to enjoy nature walks, the visitor center, gift shop, and a no host lunch at the Paradise Inn. Price includes transportation, 2-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.**

SEAFAIR BLUE ANGELS CRUISE

Sunday, August 5

8 AM – 6 PM

Member: \$165 • Non-Member: \$185

Watch the U.S. Navy's Blue Angels perform incredible stunts and aerial acrobatics from straight overhead as you cruise on Lake Washington. The boat will depart from AGC Marina on Lake Washington and then cruise around the lake for 3 hours as you take in the best views of Seattle's Seafair from the water. This is an opportunity of a lifetime that you do not want to miss! **Tickets must be purchased in advance, to reserve your spot please sign up before July 13.**



TILLCUM 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 231 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.

SNOQUALMIE CASINO

Monday, August 20

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.

VANCOUVER B.C LOOKOUT & HORSE DRAWN CARRIAGE RIDE THROUGH STANLEY PARK

Tuesday, August 28

9 AM – 7 PM

Member: \$110 • Non-Member: \$125

Take a trip up north with us to Vancouver B.C. First, we will take a 40 second elevator ride to the top of the Vancouver Lookout. There, we will take in the panoramic views as we stand 553 feet above Vancouver B.C. and indulge in fine cuisine served in their revolving restaurant. Next, we will take an hour-long, horse drawn, narrated tour of Stanley Park. Price includes transportation, Vancouver Lookout ticket, & horse drawn carriage ride. No host lunch.

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.**

SEPTEMBER

ADVENTURE BY LAND

Tuesday, September 4

9:30 AM – 5 PM

Member: \$40 • Non-Member: \$48

On the final adventure we will keep our 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 engulfs 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 included picnic lunch.

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 Boatouse Cafe. Next, we will visit the New Nordic Museum which just reopened 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 incred-

Island Times

ible 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, snakes, sea lions, sharks, amazon animals, and even dolphins! The Aquarium also features multiple cafés 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.

OCTOBER TRIPS

SALT SPRINGS B.C.

Friday, October 5 – Sunday, October 7

6:30 AM (10/5) – 5 PM (10/7)

Member: Double, \$485 • Single, \$685

Non-Member: Double, \$520 • Single, \$720

Join us for an early fall get away to Salt Springs Island B.C. The first night we will enjoy no host dinner overlooking Vesuvius Bay. On Saturday we will explore the 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 Woodley'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.

EXTENDED TRAVEL

AUSTRALIA & NEW ZEALAND: DISCOVER THE OUTBACK TO THE GLACIERS

FEBRUARY 17 – MARCH 9, 2019

Double: \$7,999 • Single: \$9,949

Includes ground and air transportation, lodging, and 29 meals.

Take an adventure to the Outback you will never forget on a 21-day experience featuring the Great Barrier Reef, Melbourne, Alice Springs, and Sydney, Australia along with Christchurch, Franz Josef, and Queenstown, New Zealand.

Join us for an informational presentation Wednesday, July 18 at 1 PM for more details.

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 Tuesday, July 31 at 1 PM.

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

TULALIP RESORT

ANGEL OF THE WINDS

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TULALIP RESORT

July 10

August 14

September 11

October 9

November 13

December 11

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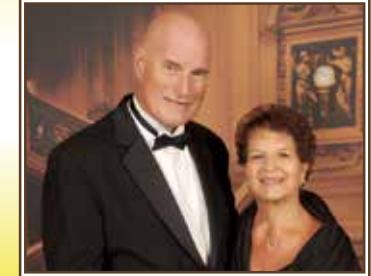


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HELLO INDEPENDENCE DAY

Barry Wenaas, Program Assistant, Oak Harbor Senior Center



Welcome to the "Dog Days of Summer." We are usually lucky in the Pacific Northwest—especially on Whidbey Island; as we do not get the muggiest days. Coming from the Deep South, I dreaded the hot, muggy, buggy summer months. Here we have a breeze and can head for Deception Pass State Park for relief from the heat. Typically these days are from a period when Sirius, the Dog Star, rises at the same time as the Sun, from July 3 thru August 11. To cool off, one can take a dip in the pool or go to the beach, have a frozen summer drink or go to an evening baseball game.

We need to capture the sunset and it is recommended that this occurs the third full week of July. Sunsets are one of nature's prettiest pictures. Not every night produces a brilliant tapestry of color at sunset. The conditions must be just right. When a brilliant sunset does occur, it can take your breath away.

The sun sets every night, but many nights are hidden by the clouds. Some nights the sun sets into the horizon with just a little reddening of the sun. Other nights clouds keep the sunset from view—as a result, we need a full week of watching sunsets. We are blessed to live on Whidbey Island as we have some of the most exquisite sunsets. Grab a camera and then share our beauty with friends and family.



As we venture into July we celebrate Independence Day, July 4th. What an explosion of fun, family and friends. Parades, Picnics and Fireworks. Come join the crowd in downtown Oak Harbor for the annual 4th of July Parade which starts at 11:00am. This is the celebration of the birthday of our Nation. We celebrate our freedom that makes this day so special.

Thomas Jefferson, the author of the Declaration of Independence, led a committee that crafted the declaration

between June 11-28, 1776. Jefferson and other discontented representatives from the thirteen colonies, voted and approved it on July 4, 1776. The document declared freedom for the 13 colonies from British rule. It currently resides in the Exhibition Hall of the National Archive in Washington, D.C.

How many of you have a garden? Have you ever built a scarecrow for it? Well, you guessed it, there is a Build-a-Scarecrow Day and it occurs the first Sunday of the month. They are supposed to keep the birds out of your garden, but if it is anything like my garden, birds are in abundance and they just perch on the scarecrow.

I Forgot Day is celebrated July 2 and is a day to express regrets for forgetting something and to make amends. People do so by sending cards or flowers, apologizing for their memory lapse! The trouble is, if you forget something important tomorrow you must wait a whole year for the next "I Forgot Day" to arrive. When looking for the origination of this special day, the creator forgot to record their creation.

How many of you are work-a-holics or have been a

INDEPENDENCE continued on page 12

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
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as scheduled

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Liz Lange • (360) 279-4581

Senior Services Administrator

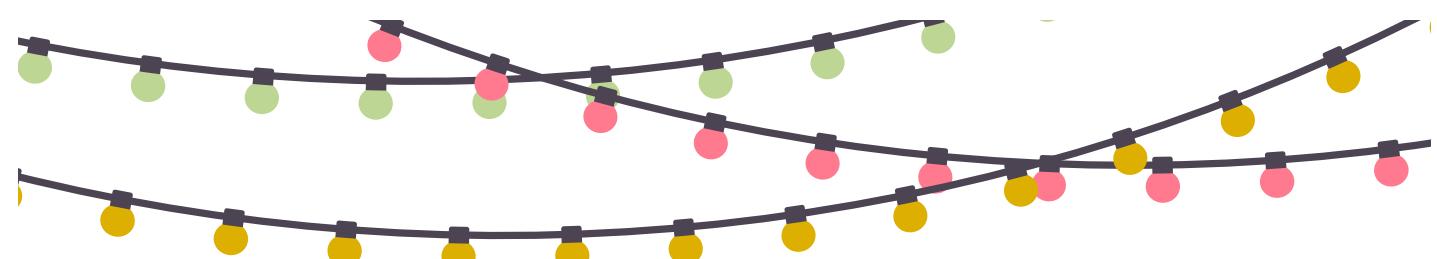
Carly Waymire • (360) 279-4583

Program Coordinator

Barry Wenaas • (360) 279-4582

Program Assistant

Send comments and suggestions
to CWaymire@oakharbor.org



HOT AUGUST NIGHTS

AUGUST 24 5:30 PM



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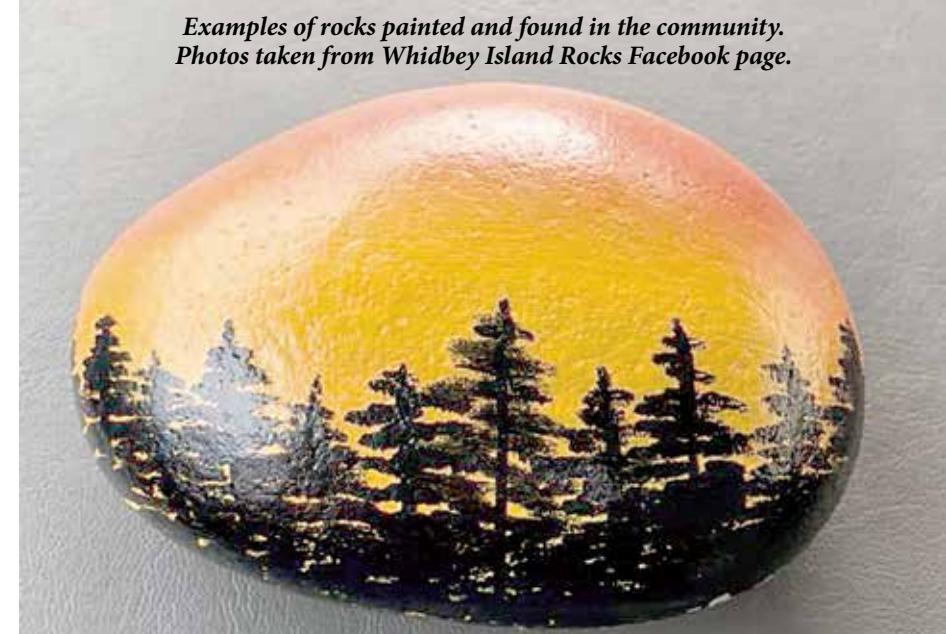
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Whidbey Island Rock Paint Party

Come to the Oak Harbor Senior Center on Thursday, July 26 at 5:00 PM for a Free Rock Painting Party. Rhonda Meeks and other members of the Whidbey Island Rock group will guide us through painting rocks. Whidbey Island Rocks started with a purpose of spreading kindness and joy through painting and then hiding rocks in the community for others to find. It is now our chance to learn how to paint some rocks to hide around Oak Harbor, or if you get too attached keep for yourself! Anyone is welcome to join regardless of ability or experience and all materials needed to get you started on your first rock will be supplied. If you are an experienced rock painter please feel free to bring your supplies and paint along with us. Don't miss out on this opportunity to spread some joy and learn new skills.



*Examples of rocks painted and found in the community.
Photos taken from Whidbey Island Rocks Facebook page.*



July Whidbey Art Party: Sparkly Unicorn



Bring a grandchild, neighbor kid, or friend along for an intergenerational 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.

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**INDEPENDENCE** continued from page 10

work-a-holic? We have a day for you all and that day is July 5. As the saying goes "all work and no play, makes John a dull boy". The work-a-holic is addicted to work—even on holidays. Some people even say it is "fun" to work. There are those whose last thoughts of the day, as you fall asleep, is related to work. If you are a work-a-holic, we encourage you to break the habit and simply take the day off.

Cherries are coming into season and how about having some fun with them. In 1974 a man by the name of Herb Teichman from Eau Clair, MI held a cherry pit spitting tournament as a joke, at a picnic. It was quite a kick and has been held annually since the very first tournament. Thus, was started International Cherry Pit Spitting Day. It is the first Saturday in July. The record to best in the world is 100'4". Start practicing if you want to compete.

Stand up and be counted July 11 as this is the World Population Day. I know many people do not like figures, but remember when people became interested in "Five Billion Day" July 11, 1987? That was the approximate date which the world's population reached five billion people. This is what sparked World Population Day. But, the population growth story does not peak there. Now here is what the United Nations Population Fund stated – there was an estimated 7 billion people as of October 31, 2011. The current numbers, the World Population Clock shows there are over 325 Million people in the U.S. and 7.4 Bil-

lion people world-wide. And the figures just keep going up.

July 12, you can celebrate Different Colored Eyes Day. You ask why—well wouldn't it be boring if everyone had the same color eyes. Some people have 2 different eye colors. There are shades of brown, blue, green, black, grey and hazel. Celebrate the day by looking someone straight into their eyes and telling them how beautiful their eyes are.



What a wonderful day we can have the third Sunday in July—National Ice Cream Day. In 1984, President Ronald Reagan proclaimed July as National Ice Cream Month. He also established National Ice Cream Day as the third Sunday in the month. Did you know Charles E. Minches of St. Louis, Missouri is credited with inventing the ice cream cone? On July 23, 1904 at the World's Fair in St. Louis, he filled the pastry cone with two scoops of ice cream to make the first ice cream cone.



Now we go from Ice Cream to Hot Dogs and this special day is the third Wednes-

day in July. We celebrate one of America's favorite summer sandwiches. It is only fitting this dog gets its day. It is reported we buy over 837 million packages of hot dogs in retail outlets, and over 24 million hot dogs at baseball stadiums alone. The National Hot Dog and Sausage Council created this day and holds an annual hot dog lunch in Washington, D.C.

How about a cold refreshing drink to complete your day? This can be celebrated July 19 as National Daiquiri Day. The Daiquiri was first created in 1898 by Jennings Stockton Cox, who was an American mining engineer. The Daiquiri was named after the local mining village of Daiquiri, Cuba at the Venues Bar. The lime based recipe remains the most popular, along with the strawberry. There are many different Daiquiri flavors and is only limited to the number of berries and other fruits. In 1940 Ernest Hemingway invented the frozen Daiquiri in Havana, Cuba.

Remember your first Lollipop? Do you remember the flavor? Can you imagine if the lollipop had never been created? George Smith, owner of Bradley Smith Company, invented and patented the Lollipop in 1908. Legend has it, George named the Lollipop after his favorite race horse "Lolly Pop." There is a lot of controversy as to who was the first to invent the automated Lollipop machine. The first machine made 40 lollipops at a time. The first automated machine was developed in 1916—called the "Born Sucker Machine."

To some people, every day is Junk food

day, for the rest of us, National Junk Food Day is the opportunity to eat our favorite food. It is said Dietitians will tell you junk food is any food that contains little nutritional value. It includes foods high in salts, fats and sugars. In other words, junk food is all the tasty food our mom and dietitians say is bad for us. On July 21, splurge and eat some of your favorite junk foods, but do so with caution and limits!

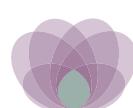
I would like to leave you with one more special day. July 30, we celebrate the International Day of Friendship. Our world is filled with too much hatred and fighting and mistrust of others. This special day is a great opportunity to stop and reverse these worldwide problems. The United Nations, who is the official sponsor of this special day, set it aside to promote friendship among people, cultures and countries. This day is a time to encourage efforts toward peace and to build bridges among different people—it is a day to respect others and to celebrate diversity. If we all try a little harder to extend the "olive branch" the world will be a little friendlier and a more peaceful place. The origin of International Day of Friendship has roots as far back as 1919 in the U.S. In 2011, the United Nations declared this as an official day, to be celebrated annually July 30.

I hope you have a great month delighting in these fun summer holidays. Enjoy celebrating American Independence and Freedom.

HAPPY 4TH OF JULY!!



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