Veterans Day Then and Now

By Barry Wenaas
Program Assistant, Oak Harbor Senior Center

It is well timed that we are celebrating 75 years of the Naval Station Oak Harbor as we near Veterans Day. It is very interesting that many of the original structures from 1942 are still standing and in use, being well maintained and upgraded and modernized. Others have gone by the wayside to make room for the EA-18G Growler. The future of NAS looks promising.

However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations…"

The original concept for the celebration was for a day observed with parades and ceremonies on the many who have served just as Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. Veterans. How-ever, most Americans confuse this holiday with Memorial Day, reports the Department of Veterans Affairs.

What’s more, some Americans don’t know why we commemorate our Veterans on Nov 11. It’s imperative that all Americans know the history of Veterans Day so that we can honor our former service members properly.

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France.

On Whidbey, when the days get shorter and the nights get longer, we notice. Except for in Oak Harbor and Coupeville, there are not many streetlights, and not many stores stay open past dusk. Islanders tend to head home, hole up, and ward off the chill. It’s usually raining. We are grateful for those yellow and white lines on the shiny black asphalt. Oncoming headlights are intense. Deer appear and disappear. Once we’re safely tucked in, our resistance to going out again can range from not wanting to have to layer on clothes to being unable to see well enough to drive, or navigate sidewalks or rural terrain.

Perhaps you live in a household still busy with routines, with children or pets, in a life with lots of lights on and things to do. For many “Whidbyites” though, these are reclusive months experienced as dark, aimless, and lonely.

It’s time to befriended another—one and I don’t mean on Facebook. Winter is a great time to offer another little gestures and interactions that increase community:

“I’m going to the grocery store; do you need anything? Do you want to come along?"

“I made extra cookies, want some? Want to come over for coffee and cookies? Shall I come to you?”

“I haven’t seen you at church lately. Are you okay? Do you need a ride?”

“Hey, The Clyde is offering afternoon matinees on Friday. Popcorn anyone?”

These simple invitations offer different levels of engagement.

If all I have time to do is ask, “Do you need anything?” that is a signal of notice. In my not-yet-retired-busyness, I can take a few extra minutes to say hello, share food, or bring a newspaper to a neighbor’s porch. Most people love recognition and reciprocity: once noticed, we notice others. Doing even the tiniest things for one another, we experience the pleasure of giving and receiving.

If I have time to take my neighbor with me, that’s a step from noticing to relating. Stories start happening on the drive to and from the store. Recipes and memories get exchanged. We get to know each other, bit by bit. We inquire “How are you?” and stick around for the longer answer.

In this darkening month of November, all levels of engagement matter. Try one of these:

Come eat lunch with us. Island Senior Resources provides community meals at Brookhaven community house in the center of Langley, at Island Senior Resources (Bayview), Oak Harbor Senior Center, Camano Center, CamBey Apartments, The HUB at the Methodist church in Coupeville, and Hillside Evangelical Free Church in Greenbank. For a suggested donation of $5.00 you can have a hearty meal, and strike up an interesting conversation with folks you may not yet know. On Tuesdays at Bayview, and Wednesdays at the HUB in Coupeville.

Befriending One Another

By Christina Baldwin
Board Member, Island Senior Resources

Who are you thankful for this month? Here are a few responses from our community:

Cheri Foster, 58
Oak Harbor
“For my mother and for the ability to make art.”

Flo Simenson, 86
Oak Harbor
“Besides being here? I am thankful for just about everything, but also for the who gives me everything.”

Judith Blyth, 72
Oak Harbor
“I am thankful for my daughter who is in the military, and getting up and breathing each day.”

Be kind and seek others who need your kindness. We are all sharing in the challenges of these reclusive months. If you live alone, reach out to those who are alone. We are all in this together.

By Christina Baldwin
Board Member, Island Senior Resources

October 2017

American Heritage Foundation and Island Senior Resources

American Heritage Foundation and Island Senior Resources
From the Executive Director of ISR

By Cheryl Weiss, Executive Director, Island Senior Resources

In a world filled with turmoil, uncertainty and challenges, gratitude plays a hugely important role in keeping each of us in touch with what is truly meaningful in our lives.

Last night as I came home from “the other side,” I was in awe of the clear, air, Olympic Mountains in relief, and the hues of the sunset. Opening my car door in my driveway, I heard a familiar sound that I associate with the true arrival of fall; the Great Horned Owls have returned to Whidbey. In each case, I am filled with gratitude for the place where we live and how much it enriches my life.

As I contemplate the upcoming holidays, I am grateful for family, friends, neighbors, colleagues, and the clerk at the grocery store with whom I can strike up a conversation as he or she processes my purchases. Sometimes it’s the small things, and sometimes it’s the large things, that make me smile or allow me to feel like I belong here.

I am also challenging myself to consider how I want to show my gratitude this year. One year I made swaps for family and friends since I live where I have access to a large variety of boughs, cones, and other greenery. This year I may focus on making crabapple jelly from the copious amounts of juice I created in August from my abundant crabapple tree. I am grateful for the joy I experience in creating these symbols of gratitude.

I urge you to take stock of what you are grateful for and to find ways to express your gratitude. Take advantage of this special time of year!
GIVING TUESDAY

Have you heard about Giving Tuesday? We give thanks on Thanksgiving Day, then, many of us look to shop for holiday gifts on Black Friday and Cyber Monday. But, then, many of us look to shop for holiday gifts on Black Friday and Cyber Monday. On Giving Tuesday, we are asking people to click on the yellow donation button at the top of our website identified for Giving Tuesday and make a donation www.senior-resources.org. It’s easy and it’s secure. Alternatively, checks can be brought or mailed, to Island Senior Resources (Bayview) at 14594 SR 525, Langley, WA. 98260.

Please help us make Giving Tuesday a huge success by letting your friends and family near and far know about our Giving Tuesday campaign and our website address. Email them, post it on Facebook and ask everyone you know to share it. If you tweet, tweet it out. Get the word out will make all the difference to what we can raise in a day.

If you don’t have working alarms and an escape plan, we can help. The American Red Cross will provide and install smoke alarms in your home for FREE!

We can help you be prepared.

To take advantage of this offer: Call (360) 733-3290 ext. 0 or visit getasmokealarm.org

GIVING TUESDAY

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Meals are Best when Shared with Others

“This morning, I have something special to look forward to. In a few hours, I will comb my hair, pocket my donation, look at the birds that visit my bird feeder, and walk over to Brookhaven Center, where Island Senior Resources provides delicious, nutritious lunches, four days a week. “Known as a “Meal Site,” it is much more. Fifteen to twenty neighbors, who might otherwise be alone, eat, meet-greet and get acquainted with each other’s health, habits, living arrangements, and family status. They celebrate and sing to each other as their birthdays roll by. It is a socializing opportunity created by food that nurtures both body and soul when shared. “It is impossible to truly know or calculate the importance of Island Senior Resources’ community meal sites in the lives of older and disabled residents of Island County, but they provide much more than just a meal.”

Leo Baldwin, Island Senior Resources Board Member

“I come to play cards and laugh with each other -- we all have to laugh!” - Lucy Hansen

“I’m all by myself so I come to keep my sanity” - Shirley Becker

“It’s affordable and good fellowship” - Sherrie Auer

“I come for the good friends.” - Donna Kramer

“I come for the good food and socializing.” - Betty Kramer

“I come for the fellowship and we lift each other up” - Les McCormick

Come enjoy shared meals and conversation. Make plans to join in other activities as well. Before you know it, you’ll be going on a winter afternoon walk with companions, or attending an art opening and sharing a cup of tea with friends. There are few things better than a meal shared with others. A meal can be so much more than a meal; it is a way to connect, be involved, and enjoy our community. Come join us at Island Senior Resources at one of our seven community meal sites. Meal site locations and menus are printed on page 6 in this issue. Meals are provided at a suggested donation of $5 for seniors and $7 for non-seniors.

SUPPORT MEALS ON WHEELS

Donate $5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button. Your $5 will help pay for one meal for a senior.

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. There will also be a tech tip of the month! 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:

• Federal and State policy and action information from the National Council on Aging. Make your voice heard!

• News stories for seniors from the Administration for Community Living

• Elder Care planning guide from Consumer Affairs.

• Disposal guidelines for prescription and non-prescription medications in Island County.

See the complete list of prizes at: www.senior-resources.org or www.12DaysofWhidbey.com

SUPPORT MEALS ON WHEELS

Donate $5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button. Your $5 will help pay for one meal for a senior.

THE 12 DAYS OF WHIDBEY RAFFLE

Each $5 raffle ticket purchased enters you in 12 separate raffles!

Raffle drawings begin Dec. 1 and continue each day to Dec. 12.

Prizes baskets contain multiple items and have a different theme each day.

All prize baskets are valued at well over $200.

TICKETS CAN BE PURCHASED AT:

Island Senior Resources (Bayview) 14594 SR 525 Langley, WA
Senior Thrift (weekends only) 5518 Woodard Ave Freeland, WA

Watch Facebook and Island Senior Resources website for additional ticket sales locations.

The 12 Days of Whidbey is a raffle to benefit Island Senior Resources’ programs for seniors and adults with disabilities. Many basket items donated by island merchants.

Winners will be announced on our website and Facebook.

Welcome to CamBey!

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

Call 360-321-1600 or 360-678-3373 to schedule your personal tour www.senior-resources.org
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 9 Quilting  
9 Billiards  
9:30 Enhance Fitness  
9:30 Wii Bowling  
11:30 LUNCH  
12:15 Bunco  
12:30 Ping Pong  
1 Art with Dottie  
2 Beg. Clogging  
3 Adv. Beg. Clogging  
5 Tai Chi | 8:30 Yoga  
9 Billiards  
9 Lapidary  
11 Mexican Train  
11:30 Chess  
12 Line Dance  
12:45 SHIBA Counseling  
1 Knitting Circle  
1 MAC SIG (2nd, Tue.)  
2 Vision Impaired Group (4th Tues) | 9 Billiards  
9 Lapidary  
9:30 Enhance Fitness  
11:30 LUNCH  
12:30 Party Bridge  
12:30 Ping Pong  
2 Caregiver Support (last Wednesday)  
4 Pickle Ball | 9 Billiards  
8:30 Yoga  
9:30 Enhance Fitness  
10 Creative Writing  
12:30 Cribbage | Ping Pong  
Billiards  
9 Quilting  
9 Billiards  
9 Tai Chi  
11:30 LUNCH  
12:30 Pinochle | 

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| Ping Pong  
Billiards  
9 Quilting  
9 Billiards  
9 Tai Chi  
11:30 LUNCH  
12:30 Pinochle | 1 Line Dance  
1 Parkinson Support Group (1st Friday)  
6:30 Old Time Fiddlers (1st Friday)  
7 Country Dance (2nd Friday) |

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 10 Time Together  
11:45 Lunch Served  
12:15 Reader’s Theater Rehearsal  
1 Mahjong  
3 Afternoon Tai Chi | 8:45 Advanced Tai Chi  
9 Foot Clinic  
10 Beginning Tai Chi  
10 Time Together  
10:30 Tune In, Tune Up  
11:45 Lunch Served  
12:30 Lunch & Learn  
2:30 Parkinson’s sing-a-long | 9 Beginning  
Line Dancing  
10 Mexican Dominoes  
10 Line Dancing  
10 Quilters  
10 Time Together  
11:45 Lunch Served  
6:30 Bingo | 8:30 Mari’s Bridge  
9 Senior Sliders  
10 Time Together  
6 Twilight Bridge | 

**October 26**  
6:30 SHIBA Seminar (Statewide Health Insurance Benefits Advisors)  
November 6  
10 Alzheimer’s & Dementia Caregivers Support Group  
November 14  
10 Parkinson’s Support Group  
November 21  
9:30 SHIBA* Seminar Medicare 2018  
November 29  
11:45 Birthday cake and Party (all are welcome)  
12 Blood Pressure Check | 9 – 4:30 SHIBA (Statewide Health Insurance Benefits Advisors)  
10 Time Together  
10:45 Fun Band Dancing  
11:45 Lunch Served | 

**Dates and Times of all Scheduled Events are Subject to Change. It’s Always Advisable to Call to Confirm.**

### FREE Holiday Hearing Event

RSVP and enjoy $500 in FREE services:
- **FREE** Hearing Screening  
- **FREE** Product Demonstration  
- **FREE** 2-Week Trial*  

*First-time customers only. No exceptions.**

**Call 888-402-3807 or visit ConnectHearing.com.**

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**MEAL SITES & HOURS**

**ISLAND SENIOR RESOURCE CENTER (BAYVIEW)**  
14594 SR 525, Langley, WA 98260  
360-321-1600  
Meals served Mon, Tues, Wed, Fri, 11:45 am

**OAK HARBOR SENIOR CENTER**  
51 SE Jerome Street, Oak Harbor, WA 98277  
360-279-0367 (kitchen) or 360-279-4580 (Center)  
Meals served Mon, Wed, Fri, 11:30 am

**CAMANO CENTER**  
606 Arrowhead Road, Camano Island, WA 98282  
360-387-0222  
Meals served Mon, Wed, Fri, noon

**CAMBEY APARTMENTS**  
50 North Main Street, Coupeville, WA 98239  
360-678-4256  
Meals served Wed, noon

**BROOKHAVEN**  
150 4th Street, Langley, WA 98260  
360-321-1600  
Meals served Mon, Wed, Fri, noon; Thurs, 5 pm

**COUPEVILLE METHODIST CHURCH, FIRST UNITED**
608 N Main St, Coupeville, WA 98239  
360-678-0636, bigrockdesigns@whidbey.net.  
Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

**HILLSIDE EVANGELICAL FREE CHURCH**  
874 Plantation Drive, Greenbank, WA 98253  
360-222-3211  
Meals served Wed, Fri, 11:30 am

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**MENU - NOVEMBER**

### WEEK 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>Meaty Lasagna</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Pork Loin w/Apple Chutney</td>
</tr>
</tbody>
</table>

### WEEK 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Turkey Chili</td>
</tr>
<tr>
<td>Tues</td>
<td>Potato Bar w/Seasoned Meat</td>
</tr>
<tr>
<td>Wed</td>
<td>Chicken Cordon Blue Casserole</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Homemade Beef Stew</td>
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### WEEK 3

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Pulled Pork on Bun</td>
</tr>
<tr>
<td>Tues</td>
<td>Cheesy Broccoli Soup and Salad</td>
</tr>
<tr>
<td>Wed</td>
<td><em><strong>HOLIDAY MEAL! Turkey &amp; Fixings</strong></em></td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Fish Alyeska w/Sauce</td>
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</table>

### WEEK 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Beef Stroganoff</td>
</tr>
<tr>
<td>Tues</td>
<td>Mandarin Orange Chicken Salad</td>
</tr>
<tr>
<td>Wed</td>
<td>Chicken Strip Basket</td>
</tr>
<tr>
<td>Thurs</td>
<td>Holiday: Meal Sites Closed</td>
</tr>
<tr>
<td>Fri</td>
<td>Holiday: Meal Sites Closed</td>
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</table>

### WEEK 5

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Salmon Boat w/Rice Pilaf</td>
</tr>
<tr>
<td>Tues</td>
<td>Best Rueben Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>Swedish Meatballs</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
</tr>
</tbody>
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**Join us for LUNCH & LEARN**

**OAK HARBOR SENIOR CENTER - 11:30 AM**
**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!

- **Nov. 28** How to protect yourself from fraud and scams  
  Presented by Detective Maney Silvera, OHPD

**EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 1</td>
<td>Hospice 101</td>
<td>Kaaren Flint, Hospice of the NW</td>
</tr>
<tr>
<td>Nov. 7</td>
<td>Computer &amp; Smartphone Accessibility Settings for the Vision or Hearing Impaired</td>
<td>Skye Dunn, Communications Manager, Island Senior Resources</td>
</tr>
<tr>
<td>Nov. 14</td>
<td>Simple Snacks for the Holidays</td>
<td>Nutrition Staff, Island Senior Resources</td>
</tr>
<tr>
<td>Nov. 15</td>
<td>The Art of Rock Painting</td>
<td>Regina Kastler (Reggie) will provide all the supplies necessary for you to be part of the latest art craze - rock painting. All you need to do is bring a smooth surfaced rock. Try something new!</td>
</tr>
<tr>
<td>Nov. 27</td>
<td>Free Home Upgrades</td>
<td>John Schisel of Central Whidbey Hearts and Hammers will explain how this all volunteer, non-profit group provides free home repairs to neighbors in the Central Whidbey area on the first Saturday in May every year.</td>
</tr>
<tr>
<td>Nov. 28</td>
<td>Aging in Place on Whidbey Island</td>
<td>Chasity Smith, Aging &amp; Disability Resources Director, Island Senior Resources</td>
</tr>
<tr>
<td>Nov. 29</td>
<td>Computer &amp; Smartphone Accessibility Settings for the Vision or Hearing Impaired</td>
<td>Skye Dunn, Communications Manager, Island Senior Resources</td>
</tr>
</tbody>
</table>

**Be a Lunch and Learn Presenter**

Do you have a topic you are knowledgeable about? Would you like to present a Lunch & Learn? We would like to hear from you. Please call us at: 360-321-1600 or 360-678-3373 or email reception@islandseniorservices.org.
SOUTH END
Island Senior Resources (Bayview)
14594 SR 525, Langley, WA 98260
Contact: Mel Watson, 360-321-1623
Alzheimer’s & Dementia Caregivers Support Group
1st Tuesday of the Month, 10 AM – 12 noon
Alder Room
Parkinson’s Support Group
Every 2nd Tuesday of the Month, 10 – 11:30 AM, Alder Room

NORTH END
Alzheimer’s & Dementia Caregivers Support Group
1st Thursday of the month, 2 – 4:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-279-0933
Oak Harbor Caregiver Support Group 1
3rd Thursday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-279-0933
Oak Harbor Caregiver Support Group 2
Last Wednesday of the month, 10 – 11:30 AM, Alder Room
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Carolyn Hansen, 360-279-1785
Vision Impaired Support Group
4th Thursday of the month, 2 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623

MEDICARE WORKSHOPS
Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Attend a free seminar presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. Free. No pre-registration required. Information will be provided about “basic” Medicare benefits as well as options for additional insurance(s). Medicare parts A and B will be discussed and also the differences between “Medigap” (supplemental) insurance and the various Advantage plans available on Whidbey Island. We will review benefits and rates. Information about prescription drug plans will be included. If you want help with your drug plan, bring a detailed list of your drugs.
Island Senior Resources (Bayview)
14594 SR 525, Langley, WA 98260 • For information call: 360-321-1600 ext 0
Tuesday, November 21, 9:30 AM: Medicare 2018
This workshop will focus on the changes to Medicare for 2018 as well as a brief overview of Medicare benefits. We will emphasize the medical plans (both supplemental and advantage) available on Whidbey Island as well as the drug plans available next year. SHIBA volunteers will cover all the information you need for Medicare’s Open Enrollment Period. If you need help with a drug plan, bring an accurate, detailed list of your medications. Counselors will available to help you after the presentation. SHIBA stands for Statewide Health Insurance Benefits Advisers, a program of the Office of the Insurance Commissioner.

TIME TOGETHER
ADULT DAY PROGRAM
Volunteers Needed
Time Together Adult Day Program – Langley or Oak Harbor
By Mel Watson
Time Together Program Director, Island Senior Resources
If you are looking for a meaningful opportunity to give back to our community, this is one that will change your life and add sparkle to your week.
We are looking for volunteers who love spending time with older adults. Our program helps families stay together by giving respite to family caregivers and meaningful engagement to participants. Program attendees have a broad range of physical and/or cognitive challenges. Volunteers assist in a social and fun environment, helping participants succeed in activities and social engagement.
Experience preferred. Mindfulness is vital. All volunteers receive training at no cost.
If you are interested, please contact: Mel Watson, Director Time Together Adult Day Services (360) 321-1623 mel@islandseniorservices.org www.senior-resources.org

Seniors* Get 15% Off on the 15th of Each Month!
1609 E. Main Street
Freeland
360-331-6799
Monday–Saturday 8am-7pm
Sunday 9am-6pm
freelandacehardware.com

*Age 65 and over, just show your driver’s license at the cash register.
(Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

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

NEW IKEA
Tuesday, November 14
8 AM – 6 PM
Member: $40 • Non-Member: $55
The New IKEA store in Renton opened on February 22, 2017. It features two floors making it 1,000 square feet larger than the old store. A larger restaurant serving their famous Swedish meatballs and apple cake will be open. The new store also includes the latest rooftop solar system which will provide electricity to power 131 homes for 1 year! The demolition of the old store with a new larger parking lot was completed this past summer.
Let’s enjoy an entire day shopping and eating!

ALDERWOOD MALL
Friday, November 17
8:30 AM – 6 PM
Member: $40 • Non-Member: $55
Christmas is around the corner! Alderwood Mall has great stores to find that special present for your family and friends. Enjoy lunch at PF Chang’s or other great eating restaurants. Join us - don’t sit home watching the rain!

CHRISTMAS CRUISE ON LAKE UNION
Wednesday, December 6
9 AM - 4:30 PM
Member: $95 • Non-Member: $110
Celebrate the spirit of the holidays aboard a beautiful yacht on a Senior Christmas cruise on Lake Union featuring favorite holiday dishes, delicious pies, and spectacular views!
As we enjoy the water, we will be served a plated meal, while seeing spectacular views along with a Captain’s narration of the sights. The enclosed climate-controlled dining area will keep us warm and happy!

BRUNCH AT MATLBY’S CAFE AND FLOWER WORLD
Wednesday, November 29
9:30 AM – 4:30 PM
Member: $35 • Non-Member: $50
Matlby’s Cafe in Snohomish, WA is known for their great food! They serve breakfast all day with a large selection of burgers, sandwiches, desserts and their famous Cinnamon Rolls. We will be enjoying Brunch at their cafe with a booked reservation at 11:00AM. Price of trip does not include brunch. Afterwards, we will visit Flower World which has a huge Christmas display where we can enjoy and purchase poinsettias, Christmas plants and other items.

SUNDAY BRUNCH AT CHUCKANUT MANOR
Sunday, December 17
Member: $62 • Non-Member: $77
Chuckanut Manor has a highly rated Sunday Brunch with even more exquisite offerings during the holiday season. Located on the scenic Chuckanut Drive the Manor overlooks Samish Bay and the San Juan Islands. Join us for great food, views, service and friends. Price includes transportation, brunch, coffee and tea and gratuity. Mimosas can be ordered and paid for individually at the restaurant.

SEATTLE CHOICE
Thursday, December 14
8:15 AM – 6 PM
Member: $40 • Non-Member: $55
Visit Pike’s Market with their new expansion and shops and/or Westlake Mall for last minute Christmas shopping. For an extra treat, stop by the Sheraton Seattle Hotel on 6th Ave. to view the Christmas Gingerbread Village — always a delight to see! Lunch is on your own.

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Voted Whidbey Island’s most trusted Audiologist five years in a row!
THE LIGHTS OF CHRISTMAS AT WARM BEACH
Wednesday, December 20
Member: $32 • Non-Member: $47
This amazing display has over one million lights spread over 15 acres at Warm Beach Camp in Stanwood, WA. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, children’s activities, food and holiday shopping. Dazzling light displays, the smell of fresh hot donuts, the sounds of carolers, and so much more make The Lights of Christmas the perfect holiday destination!

MYSTERY LUNCHES
Wednesday, November 8
Tuesday, December 12
Members: $20 • Non-members: $35
Price includes transportation, but not the cost of lunch.

CAPE COD & THE ISLANDS
July 8, 2018: 7 Days Featuring Boston, Martha’s Vineyard, Nantucket and Newport
Trip Presentation November 2, 10:30 am at the Oak Harbor Senior Center.
Double: $3,250 • Single: $3,075
Includes roundtrip air from Seattle, lodging, hotel transfers and 9 meals.
This incredible tour program features a 7 day/6 night itinerary flying roundtrips from Seattle to Boston including transfers from Oak Harbor, unpacking once and staying for 6 nights in beautiful Cape Cod. Our hotel located conveniently in Mid Cape, provides the perfect location for a week’s stay on Massachusetts famed Cape Cod, allowing you to leisurely explore the Cape and experience the best it has to offer.

SPAIN’S CLASSIC
October 2018
Informational presentation: Thursday, February 22, 2018, 2:30pm.
Immerse yourself in a colorful pageant of art, History and Culture on an 11-day experience in Madrid, Seville, Valencia and Barcelona.

ANGEL OF THE WINDS
Tuesday, December 12
All casino trips depart/return from Bayview Community Hall Parking lot. Depart 9 AM • Return 4:30 PM
Member: $53 • Non-member: $45

TULALIP CASINO & OUTLETS
Monday, November 6
9 AM – 5 PM
This casino offers the most bang for your buck in the way of reward points. They also give a discount on dining in many options in the casino. Or, if slots aren’t your thing, there is great discount shopping next door.

SEATTLE ART MUSEUM
Friday, November 17
Leave Bayview Hall 6:50 AM
Leave Mukilteo 8:00 am
Return Mukilteo 4:30 pm
SAM/Senior Center members: $40
SAM/Non-Senior Center members: $45
Non-members: $63
No host lunch
Enter Andrew Wyeth’s reality. On the 100th anniversary of the artist’s birth, Andrew Wyeth: In Retrospect examines the American master’s 75-year career and offers unexpected perspectives on his art and legacy. Organized in partnership with the Brandywine River Museum, this major exhibition presents over 100 of the artist’s paintings and drawings. It looks back on a century in America when Wyeth contributed to the American art mainstream, but continued to figure prominently in much of the country’s artistic discourse.

GARDEN D’LIGHTS AT THE BELLEVUE BOTANICAL GARDEN
Wednesday, December 20
Leave Bayview Hall 1:50 pm
Leave Mukilteo at 2:30 pm
Return Mukilteo 8:30 pm
Members: $50 • Non-members: $55
THE LIGHTS ARE BRIGHTER THAN EVER! Garden D’Lights features over a half million lights that transform the Bellevue Botanical Garden into a blossoming winter wonderland. Each holiday season, thousands of visitors enjoy this dazzling display. This year, the route has changed, grown, and become more magical than ever.

FESTIVAL OF LIGHTS IN LEAVENWORTH
Sunday, December 10 - Monday, December 11
Leave Bayview Hall Dec. 10, 8 am
Return Dec. 11, 4 pm
Members: $235 dbl occupancy
Non-members: $245 dbl occupancy
Enjoy two great days of snow, fun and celebration in Leavenworth! Along the way we’ll enjoy an easy to moderate snowshoe hike perfect for all abilities at the Wenatchee State Park area. We’ll snowshoe approximately two hours and enjoy a no-host picnic lunch along the trail. Then, we’ll continue on to Leavenworth and the annual Festival of Lights. Well check into our Hotel (Fairbridge Inn & Suites) do a little shopping, enjoy Christmas Music in front of the Gazebo, and the amazing Lighting Ceremony with over a half million lights. The next day we’ll have more time to explore Leavenworth before returning home.

NOTE: A complete supplies list will be available at registration. Fee includes snowshoes, poles, guides, trail passes, lodging and transportation.

For more information, call 360-321-1600 or 360-678-3373

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SOCIAL & SPIRITUAL WELLNESS

Continuing our journey through the 8 Dimensions of Wellness

By Liz Lange, Administrator, City of Oak Harbor Senior Services

In the October edition of Island Times we discussed the idea of holistic wellness through attending to the 8 dimensions of wellness in our individual lives. We focused on the need of intellectual wellness, recognizing your talents and seeking ways to use your knowledge and skill. This month let’s take a look at adding two more dimensions of wellness, social and spiritual wellness.

Social Wellness

Social Wellness focuses on connecting with your community and the people around you, which includes being aware of your own social and cultural background as a bridge to understand the diversity and depth present in other backgrounds. It is developing a sense of connection, belonging, and a well-developed support system. This dimension encourages taking an active part in improving your communities, connecting with others, establishing supportive social networks, developing meaningful relationships, and creating safe and inclusive spaces.

Take a moment to consider your engagement in the process of social wellness by answering these questions:

- Do I plan time to be with my family and friends?
- Do I enjoy the time I spend with others?
- Are my relationships with others positive and rewarding?
- Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?
- If you answered “no” to any of these questions, it may indicate an area where you can improve the state of your social wellness.

Spiritual Wellness

Spiritual Wellness can be explained as an expanding sense of purpose and meaning in life. It is an ongoing process of discovering and cultivating your spiritual inner self. It involves seeking and having a meaning and purpose in life, as well as participating in activities that are consistent with one’s beliefs and values. For many prayer and believing in a higher being is a strong source of spiritual wellness, while spiritual wellness can also take on many different and unique meanings and forms for each individual. A spiritually well person seeks harmony with those they share the world with, expressing compassion towards others, and practices gratitude and self-reflection. When we integrate practices of spiritual wellness we are able to connect in mind, body, and soul. For many of us we are so focused on daily tasks to be done that we do not take time to reflect and allow ourselves to be aware of our minds being at one with our body, instead we may wander through the day with a self-inflicted disconnect.

Spiritual wellness is a wonderful process that can help you find meaning and purpose in your life. It may involve meditation, prayer, affirmations, or specific spiritual practices that support your belief system.

Spiritual wellness is really more about our intentions and how we view and treat ourselves and everyone else around us. It is manifested when our thoughts, emotions and actions are aligned with love, peace, compassion, joy, knowledge, freedom, appreciation, gratitude, forgiveness, passion, happiness, positive beliefs, optimism and hope.

If this is a new or foreign concept for you, try this one practice. Stop periodically throughout the day to collect and gather your thoughts, emotions and actions are aligned with love, peace, compassion, joy, knowledge, freedom, appreciation, gratitude, forgiveness, passion, happiness, positive beliefs, optimism and hope.

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"Our bodies are our gardens to which our wills are gardeners" – William Shakespeare
Advocacy priorities at the federal level

The 115th Congress, the congress currently in session till January 3, 2019, presents a variety of challenges and opportunities for America’s seniors. Below are the topics that reflect the concerns facing our nation’s diverse aging population. This serves as an overview of advocacy goals of organizations (such as the National Council on Aging) leading advocacy for federal issues facing seniors.

Improve Eligibility for Medicare Low-Income Protections and Funding for Beneficiary Outreach and Enrollment Activities

Making significant improvements to both the Medicare prescription drug low-income subsidy (LIS, or Extra Help) and Medicare Savings Programs (MSPs) is a top priority. MSPs assist beneficiaries in paying their Medicare premiums and cost sharing through the Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), and Qualified Individual (QI) programs. Support for ending discrimination against low-income individuals over age 65 by providing protections equivalent to those under age 65. Eligibility levels for cost sharing protections for those under age 65 are income levels below 138% of the federal poverty line, with no asset test. Eligibility levels for those over age 65 are below 100% of poverty with a strict asset test that penalizes low-income seniors who did the right thing during their working years by creating a modest nest egg of savings.

Despite many efforts, vulnerable Medicare beneficiaries continue to struggle to access the health care benefits for which they are eligible. Medicare reforms should strengthen protections for the most vulnerable and build on delivery system reforms that promote prevention, coordination, and efficiencies, without jeopardizing quality or access to necessary services. Proposals to shift additional, unaffordable costs on to Medicare beneficiaries should be rejected. Access to other programs serving vulnerable, low-income older Americans, such as the Supplemental Security Income (SSI) program and the Supplemental Nutrition Assistance Program (SNAP), must also be protected and strengthened.

Restore Investments That Assist and Empower Vulnerable Older Adults

Non-defense discretionary (NDD) funding comprises less than a fifth of annual federal spending, yet this funding continues to be eroded in the name of deficit reduction. Despite relief provided from looming sequester cuts, the 2017 cap on NDD spending is 13 percent below the 2010 level, adjusted for inflation. The sequester threat that returns in 2018 would result in NDD levels being at their lowest levels as a share of the economy in history. Investments fail to meet the increasing demand for seniors’ health, economic security and elder justice services. Nationwide, seniors have been denied assistance with meals, job placement, transportation and caregiver support as programs closed or created waiting lists for the first time. Congress should restore the purchasing power of Older Americans Act (OAAct), Elder Justice Act (EJIA) and other aging services funding and make the crucial investments needed to meet the demands of current and future vulnerable older adults and continue to bend the health care cost curve downward. The proposed elimination of the Medicare State Health Insurance Assistance Program (SHIP) and significant cuts to the Senior Community Services Employment Program (SCSEP), Chronic Disease Self-Management Education (CDSME), elder justice, or and the Community Services Block Grant (CSBG) should be rejected.

Improve Access to Home and Community Services and Supports

Home and community-based long-term services and supports are essential to the health, economic security, and independence of millions of seniors and families. The number of Americans needing long-term services and supports will more than double in the coming decades, from 12 million to 26 million by 2050.

Improve Access to Evidence-Based Chronic Care Interventions

Evidence-based programs such as falls and diabetes prevention, the Stanford suite of Chronic Disease Self-Management programs (CDSMP), Enhanced Wellness, and depression care management provide sufficient evidence because they have been proven to be effective through rigorous scientific evaluation and peer review and have measurable positive clinical, social and economic outcomes. These programs promote personal responsibility by giving seniors the tools and skills to better manage their conditions and stay healthy. These programs target critical issues such as falls prevention (e.g., A Matter of Balance, Stepping On), multiple chronic conditions (e.g., Chronic Disease Self-Management Program, Diabetes Self-Management Program), physical activity (e.g. EnhanceFitness), and depression management (e.g., Healthy IDEAS and PEARLS). Research shows that these programs can save money and improve health outcomes by significantly delaying functional impairments, helping to prevent secondary conditions, and reducing hospitalization and other health care resource utilization, particularly among those with multiple chronic conditions.

As we know from September National Falls Prevention Day, falls are the leading cause of injuries and injury-related deaths among seniors, accounting for more than 2.3 million emergency room visits and over 700,000 hospitalizations in 2014. The total direct medical cost of senior falls is currently $31 billion; by 2020, the annual direct and indirect cost is expected to reach $59.6 billion. Increased investments should be made in targeted, cost-effective falls prevention programs and other evidence-based self-management and care transitions approaches, which can help to bend the long-term cost curves in Medicare and Medicaid, and improve care coordination and integration. A variety of opportunities exist to take proven programs to scale and bend the cost curve by improving access to evidence-based programs that promote self-care and patient engagement—through senior centers and other community-based organizations as well as online—that target older adults with multiple chronic conditions.

Your voice counts, let it be heard! Send your state congress a note and let them know you support these important issues:

SENATOR PATTY MURRAY
154 Russell Senate Office Building
Washington, D.C. 20510

SENATOR MARIA CANTWELL
501 Hart Senate Office Building
Washington, D.C. 20510

REPRESENTATIVE RICK LAERSEN
2113 Rayburn House Office Building
Washington, D.C. 20515

W.I.G.S.
(Whidbey Island Genealogical Searchers)
Tuesday, November 14, 1pm,
2720 Heller Road, Fire Station #25
Speaker: William Stein will talk about the 75 Year History of Naval Air Station Whidbey Island.
All are welcome to attend. Contact Ruth Hancock at (360) 675-4086 for more info.

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cess immediately slows your heart rate, lowers cortisol, stress induce hormone levels, by calming the mind and bringing your mind to a state of awareness of your body. Strengthening your spiritual wellness can also come through music, art, dance, laughter and singing. Make time for relaxation. Make time for meditation and/or prayer. Give gratitude in viewing and knowing that we're a part of nature and the universe.

At the Oak Harbor Senior Center we focus on programs and services that offer assistance to you on your lifelong journey of wellness, and social and spiritual wellness are no exception. Tai Chi is a wonderful active form of meditation that can strengthen spiritual wellness, and is available for you at the Oak Harbor Senior Center. Come, be well with us! Remember, “When ‘I’ is replaced by ‘we’ even ‘illness’ turns to ‘wellness’.”

An Act was approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veteran's service organizations, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American Veterans of all wars.

When Bob Seppi, an avid Oak Harbor Senior Center Member who spent 20 years in the Navy, was asked how he celebrated Veterans Day he answered that he enjoys attending the Veterans Day Parade in Coupeville and eating at the restaurants who treat veterans to a free meal that day. Applebee’s in Oak harbor is one of those places and offer veterans and active duty members a limited menu for free. Applebee’s also started a program last year called “Buy a Vet a Bud”. Citizens can come into the restaurant and pay for a Bud and then on Veterans Day, the Veterans can ask for a Bud, and it will be FREE. Thank you Oak Harbor Applebee’s for supporting our Veterans!

Please celebrate our Veterans and Active Duty personnel. Also, thank them for their service so that we can be free.