The nation’s 76 million baby boomers have been given an unprecedented gift of health and time; but to a great extent, older adults do not make the most of this phase of life.

The National Council on Aging (NCOA) created the Aging Mastery Program® (AMP) to develop new expectations, norms, and pathways for people aged 50 to 100, to make the most of their gift of longevity.

AMP helps older adults and boomers build their own playbook for aging well. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others.

Aging has changed remarkably since the last generation entered into retirement. Yet, traditional retirement plans are disappearing, the cost of daily living continues to rise, and more than 84% of people aged 65+ are coping with at least one chronic health condition, often over many years.

The result is that most older adults are unprepared for this new stage of life. Societal expectations for them have changed little since 1950, but they are facing a new reality when it comes to maintaining their health and economic security and contributing to society.

AMP encourages aging mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

\[\text{PREPARE continued on page 2}\]

\[\text{AGING continued on page 3}\]

\[\text{Become a Master of Aging}\]
COMING OF AGE
IN AGING AMERICA

Your Voice is the new monthly column promoting advocacy for seniors on the local, state and federal level.

According to the Washington State Employment Security Department website Island County has a larger proportion of residents age 65 and older, at 22.5 percent, than the statewide population at 14.1 percent. On the national level the 65-and-older age group is 15%. Together we can effect positive change for the 50+ demographic on the island, in the state and nationwide. So let’s do this!

Each month articles will cover current issues facing seniors on the local, state, and national level, information on how to effectively advocate, and guest articles from policy makers. If you have topics you would like covered, or an article to submit please email llange@oakharbor.org

Who Represents Whidbey Island?

This month, before we get started, let’s take a look at who is representing us. Take note and save for future reference.

On the federal level
Each state elects two senators to the United States Senate for staggered 6-year terms. Senators represent the entire state. Washington’s senators are:

Maria Cantwell
Senior Senator from Washington
Since Jan 5, 1993 (Next Election in 2022)
Democrat

Patty Murray
Senior Senator from Washington
Since Jan 3, 2001 (Next Election in 2022)
Democrat

On the state level

Three which encompasses Whidbey Island north of Oak Harbor area.

Commissioner from District Number Two

RICHARD M. HANNOLD (R)
Commissioner from District Number Two

Term of office: Jan. 2013 - Dec. 2018
Office phone: 360-679-7354
E-mail: district2@co.island.wa.us
Office phone: 360-679-7354

Whidbey Island cities and townships to be highlighted in coming monthly articles.

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W.I.G.S.
(Whidbey Island Genealogical Searchers)
Tuesday, October 10, 1pm, 2720 Heller Road, Fire Station #25
Joan Peters will speak about using Civil War records to find our ancestors. All are welcome to attend.
Contact Ruth Hancock at (360) 675-4086 for more information.

Putting heart into quality service

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Paul and Heidi Kuzma, Owners
The Oak Harbor Senior Center offers the Aging Mastery Program which consists of 10 core classes which combine a peer-supported classroom-like structure with social rewards.

The Aging Mastery Program® core curriculum includes 10 core classes which combine a peer-supported classroom-like structure with social rewards. While the program usually costs anywhere from $75-$125 per person, the Oak Harbor Senior Center was awarded a grant through NCOA which allows the center to offer the program free of charge while grant funding lasts. The Aging Mastery Program will be offered for a third time at the center starting October 17th running through November 16th. You can reserve your spot in the course by calling the center at 360-279-4580.

The Oak Harbor Senior Center has received great feedback from previous participants, including the following comments:

"The class offering was actually profound for me. I am 70 years old and if I'm 'lucky' I may have 10 more 'good' years. The classes offered ways to make the years happenier, healthier, and more worry free."  

"This program has opened my eyes to a lot of resources that I was not aware of. It's amazing what kind of help or assistance is out there you know where to look."  

"Very good information, made a new friend, and received help with solving problems."  

Both programs provide a comprehensive approach to aging well—focusing on key aspects of health, finance, relationship, personal growth, and community involvement. AMP uses a proven model of behavior change incentives with a primary emphasis on getting people to take actions to improve their lives. Preliminary results show that AMP participants significantly increased their physical activity levels, healthy eating habits, use of advanced planning, social connectedness, and community involvement. AMP uses a proven model of behavior change incentives with a primary emphasis on getting people to take actions to improve their lives.

The Aging Mastery Program® core curriculum combines evidence-informed knowledge sharing with goal-setting and feedback routines, daily practices, peer support, and small rewards. Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society. The goal of the 10 core classes is to provide participants with an overview of the challenges encountered while navigating life in old age and offer support to master new skills.

The following represent the 10 core class topics:

**Navigating Longer Lives: The Basics of Aging Mastery**

Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial wellbeing, social connectedness, and overall quality of life.

**Exercise and You**

Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

**Sleep**

Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

**Healthy Eating and Hydration**

Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

**Financial Fitness**

Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

**Advance Planning**

Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

**Healthy Relationships**

Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

**Medication Management**

Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

**Falls Prevention**

Overview of the importance of falls prevention among older adults along with strategies to prevent falling. Reserve your space today, call the Oak Harbor Senior Center at 360-279-4580. The course will be October 17th-November 16th Tuesdays and Thursdays at 1:00PM.

**Area of Aging**

Overview of core topics, the focus of the programs, and how to become an Area of Aging Master class participant.

**Healthy Aging: Taking Charge**

Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial wellbeing, social connectedness, and overall quality of life.
Are You Well? The 8 Dimensions of Wellness

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

"How are you doing?" is a question we are often asked and in general elicits the response "I am doing well." What does that mean, and are you truly well? While wellness is the state of being in good health, it is more than the absence of illness, rather it goes beyond the baseline into the positive, to a sense of total well-being.

The term wellness arose in the World Health Organization’s 1948 constitution which said: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

You may also be hearing the term “holistic care” a lot more these days. Holistic refers to the comprehension of the parts of something that is connected in reference to the whole. It comes from the notion that in order to optimize health the whole person must be considered.

"Wellness is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle. Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions and heightened life satisfaction." (Swarbrick, 2006)

This thought process is what led to the eight dimensions of wellness as identified by The Substance Abuse and Mental Health Services Administration (SAMHSA). The eight dimensions of wellness provide a way to categorize the pieces of a healthy lifestyle. In the following months we will cover the eight dimensions of wellness which are: Emotional, Financial, Intellectual, Occupational, Social, Physical, Environmental and Spiritual. Take a moment and reflect on your life and do a quick check in with yourself on each of these.

For now, let’s focus on intellectual wellness as a piece of the whole.

Intellectual wellness is when you recognize your unique talents and you seek ways to use your knowledge and skills. Fostering intellectual wellness may include participating in activities that cultivate mental growth. Reading, doing challenging puzzles such as crosswords or Sudoku, debating issues with others who have opposing viewpoints, learning a new language or musical instrument, trying a new hobby, or teaching and tutoring others are all ways to maintain or improve your intellectual wellness. When you challenge yourself to learn a new skill, you are building your intellectual health. People who pay attention to their intellectual wellness often find that they have better concentration, improved memory, and better critical thinking skills.

What are you doing for your intellectual wellness?

SHARE YOUR TALENTS: VOLUNTEER AT OHSC

Travel Escort – If you like to explore your surrounding areas and have ideas for day or overnight trips that would be enjoyable for adults 50+ years of age, this is a perfect fit! Travel escorts work with the program coordinator to arrange day trips and act as a group leader for the excursion. The travel escort receives free admission for the trip.

Event Planning Committee – If you enjoy planning events and parties this is for you! Help develop and execute events at the senior center.

Walking/hiking Group Leader – If you are already out walking regularly and would enjoy inviting others to join you, please contact us about leading a walking or trail group.

If you have a talent you would like to share by volunteering or leading a program at Oak Harbor Senior Center please contact Liz Lange 360.279.4583 (llange@oakharbor.org).

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Townsend and then enjoy a scenic drive to the 7 Cedars Casino. We will ferry to Port Townsend Casino goers – getting tired of the same 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!

**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**

**Thursday, October 12**

**Wednesday, November 8**

**Tuesday, December 12**

Members: $20 • Non-members: $35

Price includes transportation, but not the cost of lunch.

**CASINOS**

**SEVEN CEDARS CASINO**

**Tuesday, October 17**

7:30 AM – 5 PM

Casino goers – getting tired of the same old, same old? Let’s try something a bit different. Let’s try a trip to Sequim to the 7 Cedars Casino. We will ferry to Port Townsend and then enjoy a scenic drive to Seven Cedars.

**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.

**SILVER REEF CASINO**

**Tuesday, December 5**

9 AM – 5 PM

Let’s head up north to the Silver Reef Casino. They always welcome us with discounts on food and slot credits.

**EXTENDED TRAVEL OPPORTUNITIES**

**HERITAGE OF AMERICA**

**April 20-29, 2018**

Double: $3,549 • Single: $4,649

Includes roundtrip air from Seattle, lodging, hotel transfers and 14 meals. Relive the birth of the United States during this 10 day trip from New York City to Washington D.C., with stays in Philadelphia, Charlottesville and Colonial Williamsburg.

**SPAIN’S CLASSIC**

**October 2018**

Informational presentation: February 2018.

Immerse yourself in a colorful pageant of art, history and culture on an 11-day experience in Madrid, Seville, Valencia and Barcelona.

**TULALIP TRIFECTA:**

**HIBULB CULTURAL CENTER, TULALIP RESORT AND SEATTLE PREMIUM OUTLETS**

**Wednesday, October 18**

Leave Bayview Hall 7:30 AM

Return Mukilteo 8 AM

Member: $55 • Non-Member: $60 (no host lunch)

First Stop: the new Hibulb Cultural Center and Natural History Preserve. Explore wonderful interactive exhibits, longhouse, research library and gift shop. Next up: Tulalip Resort Casino. Choose from a variety of eating options and try your luck at the slots and gaming tables. Last but not least, we’ll visit Seattle Premium Outlets. Bring money for lunch and purchases. Wear comfortable, weather appropriate clothing and sturdy walking shoes.

**KUBOTA GARDEN**

**Friday, October 27**

Leave Bayview Hall 6:30 AM

Return Mukilteo 8 AM

Member: $45 • Non-member: $50 (no host lunch)

The Kubota Garden features streams, waterfalls, ponds, rock outcroppings and an exceptionally rich, mature collection of plants. This unique urban refuge displays over sixty years of vision, effort and commitment by the Kubota Family. In 1927, Fujitaro Kubota bought five acres of logged-off swampland in the Rainier Beach neighborhood of Seattle and began his garden. He wanted to display the beauty of the Northwest in a Japanese manner. His Rainier Beach garden grew to become a 20-acre display center and nursery and for many years was a center for social and cultural activities for the Japanese community in Seattle. It is now a Seattle historic landmark of exceptional beauty. Bring money for lunch and purchases. Wear comfortable, weather appropriate clothing and sturdy walking shoes.

**SEATTLE ART MUSEUM (SAM) PRESENTS**

**Friday, November 17**

Leave Bayview Hall 6:30 AM

Return Mukilteo 8 AM

Member: $55 • Non-Member: $60 (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 conformed critics and deviated from the American art mainstream, but continued to figure prominently in much of the country's artistic discourse.

**CASINO TRIPS**

**SNOQUALMIE**

**Tuesday, October 10**

**TULALIP**

**Tuesday, November 14**

**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: $35 • Non-member: $45

**TULALIP & SEATTLE**

**Wednesday, October 18**

Leave Bayview Hall 7:30 AM

Return Mukilteo 8 AM

Member: $55 • Non-Member: $60 (no host lunch)

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Join us for LUNCH & LEARN

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

**AT THE COUPEVILLE HUB • WEDNESDAYS, 1 PM**

Events begin at 1 p.m. at the Coupeville United Methodist Church, 608 N. Main Street. Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0363, bigrockdesigns@whidbey.net.

**Date**  **Topic and Presenter**

Oct. 4  **BINGO!**  Come play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.

Oct. 11  **Preparing for Fall and Winter**  Nancy Waddell and Donna Winters, American Red Cross

As the weather changes and we experience rain and windstorms, start using fireplaces and other heaters, what do you need to do to be well prepared? We'll cover smoke alarms and fire prevention, fire extinguishers, food & water supplies for power outages, and answer your questions.

Oct. 18  **Introduction to SHIBA – Need to enroll in Medicare?**  SHIBA volunteer will provide an overview of what the Statewide Health Insurance Benefits Advisors Program can offer you.

Oct. 25  **The Art of Weaving Basket**  Regina Kastler (Reggie) will demonstrate Basket Weaving and talk about her personal history with the craft. Lots of fun!

Oct. 31  **Best Rueben Sandwich**  Nancy Waddell and Donna Winters, American Red Cross

As the weather changes and we experience rain and windstorms, start using fireplaces and other heaters, what do you need to do to be well prepared? We’ll cover smoke alarms and fire prevention, fire extinguishers, food & water supplies for power outages, and answer your questions.

Oct. 10  **Preparing for Fall and Winter**  Nancy Waddell and Donna Winters, American Red Cross

As the weather changes and we experience rain and windstorms, start using fireplaces and other heaters, what do you need to do to be well prepared? We’ll cover smoke alarms and fire prevention, fire extinguishers, food & water supplies for power outages, and answer your questions.

Oct. 17*  **End of Life Advance Planning**  Karen Griffith and Judy McCoy, End of Life WA (Reservations encouraged through Chasity Smith, 360-321-1600 opt. 2, then 1). Make informed plans consistent with your values. Protect your right to a planned and peaceful end of life.

Oct. 24  **Veterans Local Programs and VA Benefits Information**  Dana Sawyer, Veterans Assistance Coordinator for Island County. Become familiar with what Veterans programs are available locally and explore VA benefits.

Oct. 31  **Stay Safe with Puget Sound Energy**  Walt Blackford, Outreach Manager. Electric and gas safety, back-up generator basics, energy efficiency programs and more.

*The October 17 session about End of Life Advance Planning is 12:30-3:30 pm.
It’s time for Medicare Open Enrollment for 2018!

October 15 – December 7

The Statewide Health Insurance Benefits Advisors (SHIBA) offers free, unbiased and confidential help with Medicare and health care choices to people of all ages and backgrounds. Sponsored by Island Senior Resources, SHIBA is available at three sites throughout Whidbey Island:

- Island Senior Resources - Bayview
- Oak Harbor Senior Center
- WhidbeyHealth Medical Center

Medicare is federal health insurance for people age 65 and older, and for those under age 65 receiving Social Security Disability Income.

A team of dedicated and highly-trained SHIBA volunteer advisors, can help you:

- Understand how Medicare works
- Assess your health care coverage needs
- Determine your eligibility for health care coverage programs
- Evaluate and compare health insurance plans (Original Medicare, Medicare Advantage plans, Medigap plans, and prescription drug plans)
- Provide enrollment help with Medicare
- Speak with Medicare on your behalf
- Make referrals to other agencies and programs
- Collect and report possible fraud complaints
- Complete any paperwork

Attend one of our FREE seminars to learn more about Medicare and any changes occurring in 2018:

- Island Senior Resources (Bayview) 14594 SR 525, Langley, WA 98260
  - Thurs Oct 26 6:30 pm
  - Sat Oct 28 9:30 am
  - Wed Nov 8 1 pm
  - Tues Nov 21 9:30 am

- Oak Harbor Senior Center 51 SE Jerome St., Oak Harbor, WA 98277
  - Tues Oct 24 3 pm
  - Fri Nov 3 11 am
  - Tues Nov 14 3 pm
  - Mon Nov 27 10 am
  - Fri Dec 1 3 pm
  - Mon Dec 4 10 am
  - Tue Dec 5 2 pm

- Coupeville Library 788 NW Alexander St Coupeville, WA 98239
  - Fri Oct 20 10 am

If you have a Medicare Advantage or Part D drug plan, it’s important to get a benefits checkup. Many plans make changes each year, so you’ll want to ensure your plan is still right for you.

To schedule an individual counseling session, please call:

- FRIDAYS Island Senior Resources (Bayview) 360-321-1600 or 360-678-3373 ext. 0
- TUESDAYS Oak Harbor Senior Center 360-240-4580
- WEDNESDAYS WhidbeyHealth, Coupeville 360-678-5151

We may add more counseling days during Open Enrollment. Please call each site for more information.

To learn more about the SHIBA program, go to www.insurance.wa.gov/shiba

Medicare will issue new Medicare cards between April 2018 and April 2019 to all beneficiaries. Your Social Security rights will not affect your benefits. They will have a unique and randomly assigned number instead of using your social security number. This will help protect against identity theft. Be sure to watch for your new card in the mail. As soon as you receive it, you can start using it. You should shred your old card at that time.

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 widowers/widows

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

- Island Senior Resources (Bayview) 14594 SR 525, Langley, WA 98260
- Oak Harbor Senior Center 51 SE Jerome St., Oak Harbor, WA 98277
- WhidbeyHealth Medical Center and on the bus line

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From the Executive Director of ISR

By Cheryl Weiser, Executive Director Island Senior Resources

As we prepare for the shift to fall and winter weather, and after hurricanes, forest fires, and threats of other catastrophic events, preparedness seems to be on the minds of many of us. How can we prepare? And, how can Island Senior Resources play a role?

During October, Island Senior Resources is addressing emergency preparedness at the Lunch and Learn sessions at the Island Senior Resources (Bayview) and at the HUB at the Coupeville Methodist Church. The American Red Cross will present information about how to prepare on October 10th at South Whidbey at 12:30, and October 11th in Coupeville at 1:00. Each session will cover what you need to do to be well prepared as the weather changes and we experience rain and windstorms, and start using fireplaces and other heaters. They will also cover smoke alarms and fire prevention, fire extinguishers, food and water supplies for power outages, and answer your questions.

Taking You to the Front of the Line

By Pat Wexley
Director Medical Transportation & Volunteer Services

Lisa Root has been driving for Volunteer Services/Medicaid Transport for 10 years, taking members of our island communities to medical appointments and procedures. During that time, she and her fellow drivers have spent many hours waiting in ferry lines with an ill client in their car. Some patients even found they had to cancel long-awaited appointments due to excessive ferry wait times.

Recently, Lisa decided to speak to the Manager of the Clinton ferry terminal, Scott Iverson to ask if the ferry system could help expedite these medical trips. Mr. Iverson recognized that Island Senior Resources’ medical clients, going to and from appointments, need to board the ferry in a timely manner, and offered his assistance.

As a result of Lisa’s intervention, the Washington State Ferry system has offered Island Senior Resources/Volunteer Services Program the ability to issue Priority Boarding passes, each way, to all drivers and their clients that have a medical appointment on the mainland.

We are extremely grateful to Mr. Iverson for his concern and the solution he achieved, and to Lisa, our dedicated volunteer, who saw a need and stepped up to take action. You both made it happen! Thank you!

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:

- Department of Emergency Management: Great resources for Emergency preparedness. Look for the sections called Preparedness and Local Hazards to read about what you need and what you should do in a wide variety of emergencies. They also have a resource list.
- The Great Washington Shake Out October 19: Learn how to be prepared to survive and recover from large earthquakes at home or at your workplace.
- Map Your Neighborhood: Learn what to do and how to work with your neighbors to prepare.
- Island county Emergency Preparations: Lists of Radio stations, NOAA weather, information on registering for emergency alert texts, community information hubs in the event cell towers are damaged, emergency kits and supplies, best foods for emergencies, how to treat water for safe drinking, and emergency phone numbers.

October 2017
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HAY A DISASTER KIT: (You need supplies to last 14 days or longer for each person in your household!)
- 1 gallon of water per person per day
- Non-perishable foods
- Battery-powered radio and flashlight and extra batteries (stored in a zip-lock bag)
- Extra glasses and hearing aid batteries
- Prescriptions
- Clothing for adverse weather, walking shoes and socks, and a rain poncho
- Blankets and/or sleeping bags
- Manual can opener
- Personal hygiene supplies
- Plastic bags and bucket as a portable toilet
- Pet food, litter and medications
- Copies of important documents (driver’s license, birth certificate, living will, insurance information for all policies)
- First aid kit (bandages, antibacterial ointment, gloves, antiseptic)
- Gas in your car’s tank. Make it a habit to always refill your gas tank whenever it reaches half full.
- Portable USB battery charger(s) for cell phones

ITEMS TO HAVE ON HAND:
- Photos of family members for identification
- Bleach or other means of purifying water
- Fire extinguishers in multiple places on each floor of your home
- Small bills and change (keep in a locked box for security)

MAKE COMMUNITY AND FAMILY EMERGENCY PLANS:
- Talk with your homeowner’s association or smaller groups of neighbors to make a community emergency plan that works for everyone including how to turn off your utilities and what resources each person in your neighborhood can help with
- Establish an out-of-state contact for your family
- Arrange where to meet family members (ferries will stop running in some emergencies)
- Practice escape routes

IF YOU ARE TOLD TO EVACUATE:
- Coordinate with your home care provider for procedures
- Try to carpool to the evacuation location
- Wear weather-appropriate clothing and footwear
- Bring your disaster and medical kits, along with food and water

IN AN EARTHQUAKE:
- Drop to the floor or ground if you can, cover your head with any object, hold on if you can to a sturdy object
- If you are in a wheelchair, lock the wheels and cover your head
- If you are sleeping, cover your head with your pillow and wait until shaking stops
- Call your out-of-state contact

Once shaking stops, check for injuries and grab your disaster kit if leaving the building
- Listen to your portable radio for information
- If you smell gas, shut off your utilities, evacuate the building, and call 911

BE PREPARED BEFORE AN EARTHQUAKE:
- Strap bookcases to the wall, secure large objects and heavy pictures that could fall on you
- Keep a pair of sturdy shoes under your bed. Many injuries come from broken window glass

PETS:
- Have a crate for your pets so they will be safe in transit
- Arrange for their care in a safe place if possible
- Bring their food and medicine

Disasters can strike quickly and without warning. We each need to be prepared to be self-reliant, or have plans in place for others to assist us. In our region, we are at risk for winter storms, earthquakes, fires, wind storms, and the resulting extended power outages. Are YOU ready?

Having a disaster kit at home and in your car and a community plan with your neighbors, knowing what to do in different types of emergencies and practicing it, taking a CPR and First Aid class, and understanding how to evacuate, are all critical to surviving and recovering from an emergency.

There are many resources on our website that can help you be prepared. Please see these at www.territorial.net/terrorprepsupplies.

The Island County Department of Emergency Management and its community partners like American Red Cross will coordinate disaster responses, but personal preparedness will be crucial in a county or statewide emergency.

The checklists at right will help you assemble what you need to be prepared. Don’t wait. Get started now. If you can’t purchase all you need right away, think about buying one item each week or so until you have accumulated what you need. Remember, planning doesn’t cost anything but not planning can cost you your life, or the lives of others. Preparation makes all the difference.

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Protect your Family with new FREE 10-year smoke alarms!

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Helping You Stay At Home

11
In big cardboard placards that can be put in the window nearest your door. In big cardboard placards that can be put in the window nearest your door.

...is essential. The first thing people want to know is: “How would your faraway family find you? Can an ambulance make it to your place or will you have to leave? Will public utilities be able to get to you? We've predicted them all. Four steps are listed briefly here:

1. Store supplies
   Outside my house I have 5-gallon jugs of water located in places I could reach easily if I were living outdoors. I have camping supplies and canned and dried food in plastic storage bins. Several trusted neighbors know where my supplies are in case they're gone.

2. Be ready to leave your house or apartment
   Just like we talk about weather and other disasters, I talk about a lifetime of care. If I were living outdoors, I have a small duffle bag you can handle. Also, if you have camping supplies and canned and dried food in plastic storage bins, I have them as well.

3. Plan for an emergency
   Before you need it.

4. Plan ahead to make your end of life wishes known.
   This program is designed to help you and your neighbors when the Prepare. “It can make all the difference for you and your neighbors when it's out of date! This fall, three neighborhoods are recanvassing the neighborhood, revitalizing our readiness. To get started, make a plan for yourself and the essential information and contacts that you need to communicate with others.

To register, contact: ADR Director Chaskey Smith • 360-321-1600 opt 2 then 1 • SmithC2@dshs.wa.gov