February Celebrations

By Barry Winaas
Oak Harbor Senior Center Program Assistant

Boy, January flew by so fast. Hope you all enjoyed unique days of January. It was great fun and I would like to share more fun for February.

February is AMD/Low Vision Awareness Month and we have an active group that meets here at the Senior Center on the 4th Tuesday of the month from 2-4 pm. Also, February is considered National Cherry Month.

The third week of the month is International Flirting week. Love is in the air during February with Valentine's Day.

On the 2nd of February is Bubble Gum Day. It was started by Ruth Spiro in 2006. The idea was to have kids bring 50 cents to school, and donate to a good cause. In exchange, they can chew bubble gum in school all day. Also, on February 2nd is Ground Hog Day. Put another log on the fire and don't bring out the garden tools. Ground Hog Day is always celebrated on February 2nd when Puxatawney Phil comes out of his sleep and he sees his shadow (a sunny morning) there will be six more weeks of winter and he goes back in his den; but if he does not see his shadow (cloudy morning) he would play around outside his hole for a while and spring would be around the corner.

On February 3rd it's Feed The Bird's day. We need to help our wild birds during the long, cold winter. Once you start feeding, you need to continue as they depend on your support. Also, since we have Hummingbirds year round, remember to bring their feeders in at night so they do not freeze and make sure to get them out early in the morning so that they can get their boost for the day.

Valentines for Everyone

By Christina Baldwin
Board Member, Island Senior Resources

February. Just when we think the gloom won't ever lift, you notice the days are getting longer. The sun, when it makes an appearance, seems brighter.

Hearts and flowers, chocolates, and greeting cards start appearing everywhere. There is suddenly social pressure to have a sweetheart, ignite romance, get longer. The sun, when it makes an appearance, seems brighter.

According to the Greeting Card Association, one billion Valentine’s Day cards are mailed annually in the countries that celebrate the day: the US, Great Britain, Mexico, Canada, France, and Australia.

Valentine’s Day is a day when texts and emails just won’t suffice. Valentine’s Day is about expanding your circle of love and friendship—not drawing some children in and leaving others out. I think you can write something pretty nice to every child and make everyone a ‘pretty card’ she said.

VALENTINE’S continued on page 12

QUESTION OF THE MONTH: HOW DID YOU PROPOSE OR HOW WERE YOU PROPOSED TO FOR YOUR MARRIAGE??
The Final Tax Reform Bill & Seniors

Congress has passed a tax reform bill that merges the two versions passed earlier by each chamber. The final bill includes several provisions that aging advocates are concerned will harm older Americans, especially those who are most vulnerable. Below are highlights from the National Council on Aging.

Federal Deficit: The bill increases the federal deficit by almost $1.5 trillion. According to the nonpartisan official scorekeeping Joint Committee on Taxation (JCT), increases in economic growth would reduce that to about $1.1 trillion. Recent statements from Republican leaders have made it clear that if the deficit increases significantly, their next priority will be to cut programs—including Medicare, Medicaid, the Older Americans Act (OAA), and possibly Social Security—to make up for it. In fact, the Congressional budget blueprint that Republicans passed this fall proposed $473 billion in Medicare cuts, $1 trillion in Medicaid cuts, and $800 billion in cuts to non-defense discretionary programs like the OAA.

Individual Mandate: The bill keeps the Senate provision to repeal the Affordable Care Act (ACA) individual mandate, which is projected to cause an estimated 13 million Americans to lose their health insurance. Approximately 3.3 million older adults aged 55-64 currently receive their health insurance under the ACA and could face premium increases of over $1,000 per year.

Medical Expense Deduction: It keeps the Senate provision to retain the Medical Expense Deduction for those with high out-of-pocket health costs, and it reduces the threshold from 10% to 7.5% for two years in 2018 and 2019. Almost 5 million taxpayers aged 65+ use the deduction.

State and Local Tax Deductions: The bill maintains the House provision not to completely repeal all state and local tax deductions. It includes not only property taxes, but also state and local income and sales taxes, in reaching a $10,000 cap.

Tax Cut Expiration: It maintains the Senate provisions to make the corporate tax cuts permanent, while most tax cuts for individuals would expire in 2025. Expiring these expiring cuts will increase the deficit even more than estimated.

Charitable Tax Deductions: Although the bill maintains charitable tax deductions, it also increases the standard deduction and doubles the estate tax from $5.5 million to $11 million. According to JCT, doubling the standard deduction would reduce the number of itemizers who deduct charitable contributions from 40.7 million to 9.4 million, reducing the amount of contributions by $95.8 billion.

Fund and Social Services Block Grant program. However, Congress is expected to waive these rules so that the cuts will not occur.

Your voice counts, let it be heard! Let your congress members know what you think about the tax reform bill and the effect it will have on you.

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

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

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

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Dr. Kristine Jarrell
Board-Certified Audiologist

Oak Harbor Senior Center, 360-279-4580
Welcome, Carly Waymire, to the OHSC Family!

We at the Oak Harbor Senior Center are excited to welcome our new Program Coordinator, Carly Waymire. Carly’s previous experience includes working at Summer Hill as the Life Enrichment Director and as the Wellness Coordinator at the City of Ellensburg Adult Activity Center. She has great ideas for our vision of growth and expansion of services at the Center to include the broader community, and has the knowledge, skills and abilities to effectively serve in the position of Program Coordinator. Carly is originally from Portland Oregon and has a bachelor degree in psychology from Central Washington University. Carly is also a certified Stay Active & Independent for LIFE (SAIL) and Tai Ji Quan Moving for Better Balance instructor.

When she isn’t working to serve her community Carly enjoys outdoor activities including playing sports, hiking, fishing, hunting, and photography. “I love being active and outdoors. I play just about any sport from tennis and golf to basketball and ultimate frisbee. Additionally I love going to Mariner games! I even got to meet some of the players this summer.” Said Carly.

Not only is she into outdoor activities but she enjoys playing games including cribbage, pinochle, bridge, and Mexican train.

As Program Coordinator at the Oak Harbor Senior Center Carly will be researching, planning, and implementing activities, classes, trips, and special events for Senior Center participants, creating the quarterly newsletter, contributing to the monthly Island Times, processing passports, working closely with our wonderful volunteer team and overseeing the travel program.

Please stop in the Center and join us in welcoming Carly Waymire as the new Program Coordinator!
February 7th is a good day to do something you want—then begins the long period of waiting for other people to decide what you want and everything and anything they want. It’s easier to give then to want. Waiting is torture and the time to party is now!!! Fat Tuesday is Mardi Gras Day or Shrove Tuesday. That is the day people eat all they want and everything and anything they want—then begins the long period of waiting for other people to decide what you want and everything and anything they want. It’s easier to give then to want. Waiting is torture and the time to party is now!!!

On the 12th of February is Abraham Lincoln’s Birthday, but we now celebrate all the Presidents on President’s Day which is the 3rd Monday of the month. He became President in 1861. In addition to serving as President during the Civil War and saving the Union, he wrote the Emancipation Proclamation ending slavery in the U.S. For ever. He also gave the Gettysburg Address immortalizing the bloodiest and most important battle of the Civil War. Gettysburg provided the turning point of the War.

It’s time to party up and eat! Fat Tuesday is the day before Ash Wednesday. It is also known as Mardi Gras Day or Shrove Day. That is the day people eat all they want and everything and anything they want—then begins the long period of waiting for other people to decide what you want and everything and anything they want. It’s easier to give then to want. Waiting is torture and the time to party is now!!!

People caring about people.
Highly skilled professionals providing physical, occupational, and speech therapies.
24 hour compassionate nursing care.
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311 NE 3rd St • Coupeville • 360-678-2273 360-321-6660 frontoffice@careageofwhidbey.com • www.careageofwhidbey.com
### 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>
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</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Yoga</td>
<td>9:30</td>
<td>Enhance Fitness</td>
<td>8:30</td>
<td>Yoga</td>
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<tr>
<td>8:30</td>
<td>9:30</td>
<td>10:30</td>
<td>Party Bridge</td>
<td>9:30</td>
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<tr>
<td>11:30</td>
<td>12:30</td>
<td>12:30</td>
<td>Cribbage</td>
<td>11:30</td>
<td>Enhance Fitness</td>
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<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>1 SVC History Class</td>
<td>12:30</td>
<td>LUNCH</td>
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<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>7 Tai Chi</td>
<td>12:30</td>
<td>Cribbage</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>1 Reiki Treatments</td>
<td>12:30</td>
<td>Pinchotch</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>2 Caregiver Support</td>
<td>12:30</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>4 Pickle Ball</td>
<td>12:30</td>
<td>Pinchotch</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>2 Caregiver Support</td>
<td>12:30</td>
<td>Line Dance</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>7 Wire Wrap</td>
<td>12:30</td>
<td>Parkinson Support Group (1st Friday)</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>1 Guitar</td>
<td>12:30</td>
<td>3 Guitar</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>4 Pickle Ball</td>
<td>12:30</td>
<td>6:30 Old Time Fiddlers (1st Friday)</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30</td>
<td>12:30</td>
<td>1 Country Dance (2nd Friday)</td>
<td>12:30</td>
<td>7 Country Dance (2nd Friday)</td>
</tr>
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### Island Senior Resources (Bayview) Activities 360-321-1600 or 360-678-3373

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>8:45</td>
<td>Advanced Tai Chi</td>
<td>9 Beginning</td>
<td>Men's Bridge</td>
<td>9 – 4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Foot Clinic</td>
<td>9 Line Dancing</td>
<td>9 Senior Striders</td>
<td>10 Time Together</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Beginning Tai Chi</td>
<td>10 Line Dancing</td>
<td>10 Time Together</td>
<td>10 Time Together</td>
<td></td>
</tr>
<tr>
<td>10:15</td>
<td>Time Together</td>
<td>10 Quitters</td>
<td>1 AARP Tax Prep by appt only call 360-678-3000</td>
<td>10:45 Fun Band Dancing</td>
<td></td>
</tr>
<tr>
<td>10:30</td>
<td>Tune In, Tune Up</td>
<td>10 Time Together</td>
<td>6 Twilight Bridge</td>
<td>11:45 Lunch Served</td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>Wine with Tally</td>
<td>11:45 Lunch Served</td>
<td>6 Twilight Bridge</td>
<td>12:15 Reader's Theater Rehearsal</td>
<td></td>
</tr>
<tr>
<td>11:45</td>
<td>Lunch Served</td>
<td>6:30 Bingo</td>
<td>10 Time Together</td>
<td>1 Mahjong</td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Lunch &amp; Learn</td>
<td>February 7 Legal Consultations</td>
<td>4 Twilight Bridge</td>
<td>2 Afternoon Tai Chi</td>
<td></td>
</tr>
<tr>
<td>2:30</td>
<td>Parkinson’s sing-a-long</td>
<td>February 21 Legal Consultations</td>
<td>6 Twilight Bridge</td>
<td>February 13 Parkinson’s Support Group</td>
<td></td>
</tr>
<tr>
<td>February 6</td>
<td>Alzheimer’s Support Group</td>
<td>February 28 Legal Consultations</td>
<td>12:30 San Juan County Democratic Forum</td>
<td>March 6 Parkinson’s Support Group</td>
<td></td>
</tr>
</tbody>
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### Dates and Times of All Scheduled Events Are Subject to Change. It’s Always Advisable to Call to Confirm.

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TRAVEL LOG

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

THRIFT STORE HOP
Tuesday, February 13
9 AM – 4 PM
Member: $23 • Non-Member: $38
February marks the beginning of brighter weather. Thoughts of spring and a new wardrobe? Do you like the thrill of the hunt, finding a designer treasure, saving money, wear current fashions? Then this day is for you. Join in on the hunt and LET’S GO SHOPPING! We will stop for a no host lunch.

NORTHWEST FLOWER & GARDEN FESTIVAL
Thursday, February 8
8:30 AM – 5 PM
Member: $55 • Non-Member: $70
Price includes the entrance fee.

Your gardening desires will blossom when you gaze at the spectacular Show Gardens created by the most respected garden designers and landscapers of the region. Whether you have acres to landscape or you’re looking for something to jazz up a small space, there is something for you at the festival.

The Marketplace with over 300 exhibitors is just the thing for your green thumb as you stock up on the latest tools and accessories for your home and garden. You can buy new plants or unique hand-crafted wares, savor delicious specialty foods, or find that special piece of furniture or art to grace your garden.

ANGEL OF THE WINDS
Tuesday, February 27
9 AM – 4:30 PM
Member: $25 • Non-Member: $40
Let’s see if our favorite casino is still the most visited. And the entrance fee.

CASINOS & SHOPPING
CAPE COD & THE ISLANDS
July 8, 2018: 7 Days Featuring Boston, Martha’s Vineyard, Nantucket and Newport
Trip Presentation January 23, 10:30 am at the Oak Harbor Senior Center.
Double: $2,350 • Single: $3,075
Includes round-trip air from Seattle, lodging, hotel transfers and 9 meals.

Sign up available now!
This incredible tour program features a 7 day/6 night itinerary flying round-trip 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 round-trip tour of Spain’s history. Discover the best of Spain with a week’s stay on Barcelona.

EXTENDED TRAVEL OPPORTUNITIES

HERITAGE OF AMERICA
April 20-29, 2018
Double: $3,549 • Single: $4,649
Includes round trip air from Seattle, lodging, hotel transfers and 14 meals.

Sign up available now!
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.

CAPE COD & THE ISLANDS
July 8, 2018: 7 Days Featuring Boston, Martha’s Vineyard, Nantucket and Newport
Trip Presentation January 23, 10:30 am at the Oak Harbor Senior Center.
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ANDREA BOCELLI AT KEY ARENA
Sunday, June 24
3:30 PM – 11:30 PM
Member: $168 • Non-Member: $190
This June, legendary tenor Andrea Bocelli will be returning to the US for a special concert series and will be at the Key Arena in Seattle. The unique performances will feature a new popular repertoire from Bocelli’s latest album, Cinema, along with Bocelli’s beloved repertoire of Arias, love songs, and crossover

MYSTERY LUNCHES
Wednesday, February 21
Member: $20 • Non-Member: $25
Price includes transportation only.

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 round-trip tour of Spain’s history. Discover the best of Spain with a week’s stay on Barcelona.

Sign up available now!
Thank you for reading Island Times. Please support our advertisers.

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SHIBA Medicare Advising
Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Come attend a free seminar, “Getting Ready for Medicare,” presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. Seminars will begin in February; call Oak Harbor Senior Center or Island Senior Resources for dates.

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased and confidential advising for Medicare benefits and insurance options to people of all ages and backgrounds. The program is sponsored locally by Island Senior Resources and is available at three sites throughout Whidbey Island: Island Senior Resources at Bayview, Oak Harbor Senior Center, and WhidbeyHealth Medical Center.

To schedule a free, individual counseling session, please call:

For Tuesday appointments: Oak Harbor Senior Center, 360-240-4580
For Wednesday appointments: WhidbeyHealth, 360-678-5151
For Friday appointments: ISR Bayview, 360-321-1600 or 360-678-3373 x 0
SHIBA regularly hosts informational presentations, “Getting Ready for Medicare” Call for upcoming dates and locations.

Join us for LUNCH & LEARN
Prescribers will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

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

Date Topic and Presenter
Feb. 6 Welcome to Whidbey
New to Whidbey? Wondering where to find what you are looking for? Wanting more information about local resources? Come join a conversation with several resource people with helpful information for newcomers and even those who have been here for a while.

Feb. 13 Navigating the Journey of Aging
The journey of aging holds joys and sorrows, ups and downs, expected and unexpected moments. How does one position oneself for the future? Join Cheryn Weiser, ISR Executive Director, in a conversation about navigating this time of life.

Feb. 20 Stressed out? Overwhelmed?
Drop in and learn some easy meditation practices that will help reduce stress, increase inner peace, and help you be able to deal with whatever comes your way. Mel Watson, Dir. of Time Together Adult Day Services at ISR, will facilitate this session.

Feb. 27 Aging-in-Place on Whidbey Island
Charity Smith, Dir. of Aging & Disability Resources at ISR, will introduce local resources and providers to help you live safely in your own home, as long as possible.

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
Feb. 27 Island Transit Saturday Routes
Maribeth Crandell will talk about the possibilities of Saturday routes with Island Transit. Maribeth is the Mobility Specialist with Island Transit.

March 27 Underground Railroad
Quilter Lisa Morrison and Storyteller Marie Hamilton will present a program on the Underground Railroad. Both ladies are interested in the coded messages attributed to Southern quilts, along the Underground Railroad Routes.

AT THE COUPEVILLE HUB • WEDNESDAYS, 1 PM
Events begin at 1 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
Feb. 7 Bingo
Come Play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.

Feb. 14 Musical Medley
Jennifer Palmer, sopranino, Dinah Majure, mezzo, and Cheryl Waide, pianist, will entertain with their professional musical presentation.

Feb. 21 Who are You?
Carol Moliter will provide an interactive questioning experience aimed at getting to know each other’s special life moments.

Feb. 28 Cell Phone Know-How
Even though our cellphones have more power than the computers that sent the first man to the moon, Skye Dunn, Communications Specialist at Island Senior Resources, will only be able to help you use your smart phone more efficiently - no trip to the moon included.

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.
Island Times

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From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

During the holidays as everyone was bustling about, I often took the time to hold a door open for someone, or simply greet a stranger as we exited and entered a local retail establishment by saying ‘Have a good day!’ I got great joy out of the often ‘surprised’ smiles I received.

As Executive Director of Island Senior Resources and Director of Island Senior Resources’ center in Bayview, I notice many people who live alone, may not have a lot of friends or family on Whidbey, and simply long for more human contact. Our Meals on Wheels volunteers report that they are often the only person that the Meals on Wheels recipient sees during the week.

Each of us play a role in our communities of being the ‘other’ and seizing upon opportunities to make someone’s day with a smile or a greeting as we carry out our everyday tasks. Do you know someone who is a ‘shut-in’ that could use a visit? Are there other small ways in which you can be a random act of kindness for one of your Island neighbors?

We encourage you to try out one of our six meal sites on Whidbey (great food and good people with whom to connect), take a trip with us, come to a Lunch and Learn (available in Oak Harbor, Coupeville and Langley), or get involved in some other way with our communities.

In these turbulent times, we can each add a little joy, pleasure, and sweetness to the world right here on Whidbey. Many of us treasure Whidbey as being more caring than most places we have lived. So, who are you going to surprise this week?

**AARP TAX PREPARATION**

AARP is offering free tax preparation services at Island Senior Resources (Bayview) each Thursday in February, March, and April, 1-5pm. This service is available by appointment only (drop-ins served on a space available basis). Please call (360) 678-3000 to schedule an appointment.

**ISLAND SENIOR RESOURCES WILL BE CLOSED IN OBSERVANCE OF PRESIDENTS’ DAY**

Monday, February 19

**SENIOR THRIFT WILL BE OPEN**

7:00-9:30 PM SAT, FEB 10TH

**DOORS OPEN AT 6:00**

**NOT YOUR GRANDMA’S BINGO**

**BENEFITTING Island Senior Resources**

**$16/PERSON MUST BE 21+ TO ATTEND**

**BAYVIEW HALL**

5642 BAYVIEW RD. LANGLEY

**TICKETS AVAILABLE ONLINE**

**WWW.SENIOR-RESOURCES.ORG**

**OR CALL (360) 321-1600**

**ISLAND SENIOR RESOURCES BOARD OF DIRECTORS**

Wendy Gilbert: President
Cynthia Trowbridge: Vice President
Christine Schacker: Interim Treasurer
Karen Cowgill: Secretary
Christina Baldwin
Leo Baldwin
Jill Brown
Vickie Hagley
Julie Joselyn
June Nailon
Bill Wells

Executive Director: Cheryn Weiser

Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373

If you are interested in applying to join the Board, special interest in North-island applicants.

**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)
600 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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Is House Sharing for You?

By Robin Bush, Outreach Manager

What do we hope for as we age? The second annual United States of Aging survey finds that older adults value relationship with family and friends above all else – even money. But what if you didn’t have to choose between relationship and money? What if, instead, you could have both? Consider house sharing as a tool to help you age at home. Companions in your home can share chores and expenses, and encourage you to stay active and involved. You could share meals with companions: your home could, once again, be full of activity, or you could read by the fire with a quiet, peaceful partner.

You might choose to share your home with other several older adults and form your own mini-community. Or, you might offer a room to a “20-something” local community college student who would gladly help do a few chores and stand on that ladder to clean the rain gutter in exchange for a reduced-rent place to live! Or, you might even open your home to a family who was forced to move after their home was sold by their landlord. It’s happening a lot in Island County these days. The housing shortage here is extreme. The need for lower cost rentals is accelerating. Do you have space to share? Think about it.

You must be extremely careful about who you want to bring into your home. Get to know the person if you don’t already. Get references. Protect yourself; safety and security are paramount. Have someone you trust help you choose and verify your household companions. Use the internet to search their name and learn what you can about them if you don’t already know them. If you need help doing this, local librarians can assist. Take time in deciding. Don’t let anyone pressure you.

Once you have found the perfect match, create a house contract with all mutual expectations clearly defined, even if you are sharing with your best friend. Friendships can be strained by mutual expectations clearly defined, even if you are sharing with your best friend. Friendships can be strained by unmet expectations. Agree on what will happen if expectations are unfulfilled. Once everything is clarified, it’s time to enjoy the opportunity before you! New people and new routines may feel a bit disruptive at first, but wonderful things can be uncovered in newness, especially when we are older.

Consider these when choosing a house-sharing companion:

- What “must haves” and “must not haves” do you need?
- What do you and they like to do?
- Do they share your values?
- Are they engaged with the community?
- What are your guidelines for visitors?
- Who cooks? Do you want to share meals?
- Pets? What kind? If yes, meet their pet!
- How are expenses shared?
- Have they shared a home previously? Talk with past house-mates.
- Who is to do which chores?
- How will you care for each other when needs change?

Dementia Care Classes for Caregivers

Knowledge and skills to help you care for those living with dementia

Facilitated by Kathleen Landel, The Caregiver Coach

A three-class series with videos, slides, and hands-on skill training using the Positive Approach to Care™ (PAC) developed by Teepa Snow, and taught by a PAC Certified Trainer.

Class A–Let’s Talk About the Brain: The Impact of Dementia Friday, February 9 • 1:30-3:30pm

Understand how the brain changes with dementia and the reason behind challenging behaviors. Experience what sensory changes with dementia feels like, and learn skills to minimize reactions and anxiety.

Class B–The Caregiver Journey: The Stages of Dementia Friday, March 9 • 1:30-3:30pm

Learn how dementia progresses using Teepa Snow’s GEMS model. Identify how you can anticipate and respond to the changes, and support your own needs as dementia progresses.

Class C–Caregiver Challenges: Dementia Day-by-Day Thursday, June 14 • 1:30-3:30pm

Explore and learn to recognize the unmet needs that often cause challenging behaviors. Use what you learned in Classes A & B to practice skills to assist with tasks such as eating, standing, and personal care.

It is recommended you take all the classes in the series if you can. Space is limited. Registration is Required. Reserve your spot today!

Cost: $15 per class

Register at: www.thecaregivercoach.info
Email: kathleen@thecaregivercoach.info

All classes will be held at:
Island Senior Resources (Bayview)
14594 SR 525 (Just south of Bayview Rd), Langley, WA 98260
360-321-1600 www.senior-resources.org

New Orleans fare at the Taproom and Whidbey Doughnuts!

LIVE MUSIC
Ken Pickard & Zydeco Explosion!

Costume Prizes
Face Painting
Beads

Laissez les bon temps rouler!
All these years later, in the graying territory of Whidbey Island, how shall we celebrate this day? Who needs a heart or a happy face? Who don’t we usually include, that we could? And rather than think of the day as only a romantic holiday, when if we don’t have a romance, we’re left out, think of it as a time when spreading some cheer is both socially acceptable and appreciated.

With ‘Love in the air,’ now is a good time to express affection. When I was living in Minnesota (around all those Scandinavians) there was a perennial joke that went like this: “There once was Norwegian farmer who loved his wife so much he almost told her.” Many of us can be reticent in saying, “I love you,” and we do need to use discernment. We want our expressions of affection to be meaningful and our intentions understood. We can say, “I love you” to romantic partners, and also to children, parents, extended family, and close friends. If, in other circumstances, the word ‘love’ feels too strong or intimate, we can say we appreciate people, or admire something about them.

Bonds of friendship are hugely important to our sense of well-being and of feeling seen and heard. February is a great time to grab some red and white paper and write Valentines to anyone who comes to mind: the mail-deliverer, your neighbors, children you watch from the windows, or older people you don’t see very often in winter. These can be anonymous acts; what matters is that the sentiments are genuine.

If you’re not so good with words, there are lots of Valentine actions you can take: putting movie passes under a neighbor’s door, baking cookies or muffins and sharing them around, or slipping a gift certificate into a mailbox.

Maybe you know a young couple who could use a little together time, and you could babysit their children for an evening. Maybe you know someone who is isolated, and you can take them the newspaper, stop by and play cards, drive them to Bingo (it happens every Wednesday evening at Island Senior Resources (Bayview), and Not Your Grandma’s Bingo is happening on February 10th, if you’re up for a raucous time! Whatever you choose; you can be a valentine of shared time.

And, if you are on the receiving end of generosity and kindness, you can be gracious and say, “Thank you,” trusting that the valentine spirit flows both ways. Acts of kindness and words of affection have lasting impact that we may or may not know at the time. In the book and movie, A Man Called Ove, a grumpy widower thinks he just wants to be left alone, but what he truly needs is community. People persist in their kindness toward him until he eventually accepts and reaches back.

Life is difficult enough, no one needs to wonder if anyone else notices or cares. Happy Valentine’s Day.

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VALENTINES continued from page 1

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:
• House sharing for baby-boomers who would rather not live alone
• Make someone’s day today: 101 easy ideas for random acts of kindness
• 51 Random Acts of Kindness toward seniors

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“All you need is love. But a little chocolate now and then doesn’t hurt.”
Charles M. Schulz