By Liz Lange  
Administrator, City of Oak Harbor Senior Services

By the age of 60, the average person in the United States will have changed their socks over 21,000 times (if you are a daily wearer), changed toothbrushes HOPEFULLY at least 120 times, changed addresses 11 times, jobs about 7 times, and 30 percent will have changed spouses more than once. That is a lot of change.

While I still have some sock changing to catch up on, I am par for the course on other major life changes. Particularly, the past two years have brought a lot of change including moving from out of state, purchasing our home, starting as program coordinator and then transitioning to the administrator role here at the center, the loss of a loved one, and most recently the addition of our precious baby girl, Lona. That’s a lot of change for a short amount of time, which is probably why this topic of coping with change has been forefront in my mind.

Change is not created equal either, as we move through life gaining experiences we see some change comes with little impact to us, as if our car just cruised over a twig in the road, while other times our circumstances are so disturbed it is as if we have arrived at a whole tree across the road and we come to a stand still while we try to understand and cope with our new reality.

Whether you find yourself cruising along the twigs or being brought face-to-face with the people who present themselves as trying to help me, and I can’t see people’s faces.”

The size of Whidbey, the number of older people who live here, and the number of people who have families far away, make our communities more susceptible to fraud. To address the concept of “asking for what you need and offering what you can” in our articles this year, it’s important to address the increased need for caution and discernment in the world beyond familiarity and relationship. Everyone is now vulnerable to attempts to trick us by phone, email, social media, and mail.

The further we are from familiar and trusted relationships, the more discerning and careful we need to be. Most fraud occurs in an environment set up to seem ordinary—but it isn’t quite ordinary.

1. The request is unusual: whatever organization the caller says they are representing does not usually contact you in this manner.
2. The person does not offer their credentials in a realistic way—and you have the right to ask them, “May I have your full name, your return phone number, and an independent way of checking your credentials before sharing any of my information?” If you get any weird response, TRUSTING continued on page 12

FINDING CALM AMONG THE WAVES OF CHANGE

By Christina Baldwin  
Board Member, Island Senior Resources

While visiting an elder friend Doris, I watched her handle a phone call that made me nervous. I could overhear a voice through the receiver telling her this was the Social Security office and there was some question about her account. Could she verify her number and birth date? I wanted to see what she’d do next and was poised to intervene.

She listened politely, then said, “I don’t think this is a real call. I’m not giving you my information.” The voice grew insistent and urgent, “I’m going to hang up now,” she responded, and did.

She got us another cup of tea and we continued our visit. “Congratulations,” I told her. “You made a good choice.” “I think so,” she said, “but it gets harder and harder to know who to trust, or how to trust, in a world where I don’t know the people who present themselves as trying to help me, and I can’t see people’s faces.”

“I get by… with a little help from my friends.”  
– The Beatles

TRUSTING continued on page 12

FINDING CALM AMONG THE WAVES OF CHANGE continued on page 2

QUESTION OF THE MONTH: WHAT IS THE MOST IMPORTANT THING YOU WANT TO ACCOMPLISH IN THE NEXT FIVE YEARS?

Angela Braidic, 68  
Oak Harbor  
“Enjoying life!”

Kelly, 60  
Greenbank  
“Stay alive and healthy.”

Sue Boe, 79  
Oak Harbor  
“Keep going!”

Kathy over 21 several times  
Freeland  
“Retire!”

Annette, 72  
Greenbank  
“Get my garden revamped and under control. It has overgrown in many areas.”

Vickie Olson, 66  
Oak Harbor  
“Learn to knit and watercolor paint.”

Lisbeth, 75  
Whidbey Island  
“Learn a new language.”

Micheal Murcray, 58  
Oak Harbor  
“Participate in an exercise class.”

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February: The Month of Love

By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

February is widely known as the “month of love” and most people decorate in red, pink, and hearts! During this month, we recognize love, relationships, and romance. Anything people can think of that has to do with love is remembered during this month, even the heart! However, many of us forget to recognize grief during this month. Many times we forget love and grief come together because without love we wouldn’t have a reason to grieve and by loving we are risking the unavoidable chance for grief. I feel that we emphasize the importance of a special relationship in our life right now but avoid and overlook past relationships. It appears there is almost a negative connotation with grief and the past, whereas a more positive emphasis on current relationships.

During this month, you will find many articles talking about romance and random acts of kindness that are encouraged. In school, we wrote notes and passed out cards to show our friends we cared. However, this February I want to take a different approach at viewing the “month of love” and view it not only as a time to note current relationships and share our love, but also remember and honor our past relationships and process grief in our lives. At some point, we have all lost someone dear to us and will go through grief in our lives. Instead of avoiding it this month, let’s embrace it! Celebrate a past relationship and take a moment to grieve the loss of that loved one. Remember grief is a source of love so don’t feel ashamed to experience heartache from a loss of loved one regardless if it was recent or in the past.

As we continue through the month, let’s embrace our current relationships and recognize the special people in our life but also take the time to remember our past relationships and note the love we have for them. Additionally, continue to take the time to show love for each other throughout the rest of the year! Loving others is a precious gift we have, do not forget to share your love and appreciation to others!

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OHSC EVENTS

THE BIG GAME
ON THE BIG SCREEN
Sunday, Feb. 3 • 3:30 p.m.
Come watch the Patriots take on the Rams Sunday, Feb. 3, 3:30 p.m. at the Oak Harbor Senior Center. We will be playing the game on the big screen and enjoying each other’s company. You are welcome to bring a snack to share!

SWEETHEART OF GEMS SHOW
Saturday, Feb. 9 • 9 a.m. – 5 p.m.
Sunday, Feb. 10 • 9 a.m. – 4 p.m.
Free Admission
Whidbey Island Gem Club’s 54th Annual Sweetheart of Gems Show is Saturday, Feb. 9 and Sunday, Feb. 10 at the Oak Harbor Senior Center. Bring your family and see live demonstrations, educational displays, rock identification, handmade jewelry, door prizes/games, vendors and more.

1ST ANNUAL PIE CONTEST
Thursday, March 14
The Oak Harbor Senior Center is having its First Annual Pie Contest on National Pie Day, March 14 to recognize the mathematical constant pi (3.14). We are looking for bakers to enter their yummy pie into our contest, entry is free, and the winner will receive a prize! To register for the pie contest simply stop by the Center and let us know or give us a call at 360-279-4580. Not a baker but love pie? For only $2, you can be a taste tester judge and try all the pies! We are looking forward to celebrating this fun national day with you and would love to have you as contestant or a judge!

ELVIS
Saturday, Mar. 23 • 6 p.m.
Cost: Members-$25
The King is back and performing at the Senior Center Saturday, March 23 at 6 p.m. (doors open at 5:30 p.m.). Join Elvis impersonator, Shane Cobane, for this unforgettable night! Tickets are $25 and include dinner, entertainment, and an opportunity to get your photo taken with the King! Limited seats are available so you must pre-purchase tickets, which you can do so by calling the center at 360-279-4580 or stopping by.

THANK YOU!
We would like to thank DaVita Kidney Care for their generous donation of $950 to the Oak Harbor Senior Center Foundation. We appreciate the continued support from the community.
People caring about people.
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frontoffice@careageofwhidbey.com • www.careageofwhidbey.com

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ROOF/GUTTER CLEANING • DRIVEWAY/DRAINAGE REPAIR • FENCE REPAIR

Oak Harbor Senior Center

CLASSES at Oak Harbor Senior Center

BASKET WEAVING
Thursday, Feb. 21 • 9 a.m. • 1 p.m.
Cost: Members-$66 • Non-Members-$75
Expert basket weaver, Jane Hyde will guide you through making your very own Iron Bread Basket in this one-day class. Join her for this beginner class Thursday, Feb. 21 from 9 AM – 2 PM. You will receive all the supplies, tools, and instructions to weave your own basket which is yours to keep at the end of the day! To sign up stop by the Center or call us at 360-279-4580. Class space is limited so sign up today!

CHALK ART
MAKE & TAKE
Wednesday, Feb. 6 • 1 - 2 p.m.
Cost: Members-$25 • Non-Members-$35
During this one hour class, you will receive a chalk board and all the tools and instructions you need to make it a unique piece that is yours to keep! Join us Feb. 6. Pre-registration is required.

ANDY’S YARD & PROPERTY MAINTENANCE

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EXTERIOR HANDYMAN • MOWING/PRUNING • TREE BRUSH/CARE
ROOF/GUTTER CLEANING • DRIVEWAY/DRAINAGE REPAIR • FENCE REPAIR

Compare Our CD Rates

<table>
<thead>
<tr>
<th>CD Type</th>
<th>Rate</th>
<th>APY</th>
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<tbody>
<tr>
<td>3-month</td>
<td>2.45 %</td>
<td>2.52%</td>
</tr>
<tr>
<td>6-month</td>
<td>2.55 %</td>
<td>2.62%</td>
</tr>
<tr>
<td>1-year</td>
<td>2.65 %</td>
<td>2.72%</td>
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</tbody>
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Annually, a certificate of deposit (CD) is a deposit account at a bank or thrift institution, usually for a stated term of years, that pays an interest rate above that of a savings account. CDs are issued in denominations ranging from $25 to $1 million, and are usually issued in $1000 denominations. The yield on a CD is affected by the term of the CD, the yield on other securities of similar risk, and the current interest rates.

Every Saturday in March, our pickleball group leaders will be giving beginner lessons. They will teach you the rules, how to play the game, and give you some beginner techniques to get you started. Lessons are held at the Oak Harbor Christian School (675 E Whidbey Ave.) from noon – 1 PM every Saturday. Pre-registration is required and the cost for the month-long lessons is $20 for OHSC Members and $25 for Non-Members. Come join in the fun, learn a new sport, get some exercise, and meet some new friends! The Pickleball group plays every Wednesday at 4 p.m. and Saturday at 10 a.m.

TECHNOLOGY 101
Monday, Feb. 25
Monday, Mar. 18
2 - 4 p.m.
The Future Business Leaders of America club from Oak Harbor High School are returning to help you with your technology! Bring in your smart phone, tablet, laptop, or other device to get some general help and your questions answered. They will be at the Oak Harbor Senior Center from 2 – 4 PM Monday, Feb. 25 and Mar. 18.

Beginner Pickleball Classes

Saturdays in March • Noon - 1 p.m.
Cost: Members-$20 • Non-Members-$25
Every Saturday in March, our pickleball group leaders will be giving beginner lessons. They will teach you the rules, how to play the game, and give you some beginner techniques to get you started. Lessons are held at the Oak Harbor Christian School (675 E Whidbey Ave.) from noon – 1 PM every Saturday. Pre-registration is required and the cost for the month-long lessons is $20 for OHSC Members and $25 for Non-Members. Come join in the fun, learn a new sport, get some exercise, and meet some new friends! The Pickleball group plays every Wednesday at 4 p.m. and Saturday at 10 a.m.

W.I.G.S.
(Whidbey Island Genealogical Searchers)
Tuesday, February 12, 1-3 p.m., 2720 Heller Road, Fire Station #25
Speaker: Jessica Aws from Sno-Isle Library in Oak Harbor.
All are welcome to attend. For more information go to www.whidbeygenssearchers.org.

Volunteers Needed at Oak Harbor Senior Center

Volunteering is a good way to meet new people, make connections, feel like you are a part of something, and give back!
### Oak Harbor Senior Center Activities

#### Monday
- 9:00 Quilting
- 9:30 Enhance Fitness
- 11:30 Duplicate Bridge
- 11:30 Lunch
- 12:00 Bunco
- 12:30 Ping Pong
- 1 Art with Art
- 2:30 Parsononics Singing Group (1st & 3rd Monday)
- 3 Clogging
- 5 Tai Chi

#### Tuesday
- 8:30 Yoga
- 9:00 Billiards
- 9:15 Lapidary
- 9:30 Mexican Train
- 10:00 Cheesecake
- 11:00 Line Dance
- 12:00 Knitting & Crochet
- 12:30 Vision Impaired Group (6th Tues)
- 2:30 S.A.L.L.
- 6:00 Pinochle
- 6:30 Lapidary
- 6:30 Stamp Club (2nd & 4th Tuesdays)

#### Wednesday
- 9:00 Billiards
- 9:30 Enhance Fitness
- 11:30 Duplicate Bridge
- 11:30 Lunch
- 12:30 Party Bridge
- 12:30 Ping Pong
- 12:30 Paper Crafts (2nd & 4th Wednesday)
- 12:30 Caregiver Support (4th Wednesday)
- 12:30 Pickle Ball

#### Thursday
- 8:30 Yoga
- 9:00 Billiards
- 9:30 Enhance Fitness
- 10:00 Creative Writing
- 11:00 Mahjong
- 12:30 Cribbage
- 1:00 Reiki Treatments
- 2:00 History Class
- 3:00 Caregiver Support (2nd Thursday)
- 2:30 S.A.L.L.
- 7:00 Wire Wrap

#### Friday
- 9:00 Quilting
- 9:30 Billiards
- 9:30 Tai Chi
- 10:00 Walking Club
- 11:30 Lunch
- 12:30 Pinochle
- 12:30 Line Dance
- 1:00 Parkinson Support Group (1st Friday)
- 6:30 Old Time Fiddlers (1st Friday)
- 7:00 Country Dance (2nd Friday)

#### Saturday
- 9:30 Ping Pong
- 9:30 Billiards
- 10:00 Pinochle
- 12:30 Beginner Pickleball

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### Island Senior Resources (Bayview) Activities

**360-321-1600 or 360-678-3373**

#### Monday
- 10:00 Time Together*
- 11:45 Lunch Served
- 12:15 Reader’s Theater Rehearsal
- 12:45 Mahjong
- 1:15 Afternoon Tai Chi

#### Tuesday
- 8:45 Advanced Tai Chi
- 9:00 Foot Clinic - call (360) 341-3210 for appt
- 9:30 Beginning Tai Chi
- 10:00 Time Together*
- 10:30 Line Dance
- 10:30 Quilting with Bula
- 11:45 Lunch Served
- 12:30 Lunch & Learn
- 2:30 Parkinson’s Singers*

#### Wednesday
- 9:00 Beginning Line Dancing
- 10:00 Line Dancing
- 10:30 Quilters
- 10:30 Time Together*
- 11:45 Lunch Served
- 12:30 Bingo

#### Thursday
- 8:30 Men’s Bridge
- 9:00 Senior Striders
- 6:30 Twilight Bridge

#### Friday
- 9:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment
- 10:00 Time Together*
- 10:45 Fun Band Dancing
- 11:45 Lunch Served

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### Island Herb

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**5565 Van Barr Place, Unit F, Freeland, WA | (360) 331-0140 | WhidbeyIslandHerb.com**

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

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Learn the Basics of Social Security

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

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)
45505 SR 525, Langley, WA 98260
Thursday, February 14, 1 p.m.
Wednesday, March 27, 10:30 a.m.

Join us for LUNCH & LEARN

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

ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 P.M.
Lunch (optional) will be served 11:45 a.m. – 12:30 p.m. (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. 5 Internet for Dummies
How to search online, email vs. messaging vs. texting, how to make your web-browsing safer, and virus/malware protection. There will be time for questions. Come learn and talk with Skye Dunn, Communications Manager, Island Senior Resources.

Feb. 12 LOVESCAPES: Mapping the Geography of Love
Love may be our most important emotion, one we both give and receive. Yet we are sometimes confused by what we mean by the word “love.” Come learn about “lovescapes” and how to enrich your life with love. Duncan Ferguson has been a chaplain, professor, and senior administrator, is an author, and has been engaged in a variety of peace and justice activities around the world.

Feb. 19 WIN
Pam LeLoup, board chair Whidbey Island Nourishes, will talk about how WIN ensures no local child is hungry. She will share the history of WIN, how it has grown, some of the challenges, and the immense rewards for all of us when neighbors help neighbors. You might find you would like to join the WIN volunteers and make some sandwiches!

Feb. 26 Keeping Yourself Safe in Your Home
Sergeant Darren Crownover, Island County Sheriff’s Office, will present information about keeping yourself safe in your home, on the roads and in public places. He’ll also be able to answer questions about the Sheriff’s Office or concerns you have about public safety in our community.

AT THE COUPEVILLE HUB • WEDNESDAYS, 12:30 P.M. – NEW START TIME
Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter
Feb. 6 Bingo
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
Feb. 13 Love Songs
Sing-a-long and original music with Heidi.
Feb. 20 A Pain in the What?
Dr. Jeremy Idjadi of WhidbeyHealth Orthopedic Care will discuss conditions associated with pain and join the WIN volunteers and make some sandwiches!

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.
Welcome to Medicare 2019

Will you be going on Medicare in the next six months and/or want to know more about Medicare? Attend a free seminar by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For information call: 360-321-1600 ext 0.

**ISLAND SENIOR RESOURCES (BAYVIEW)**: 14594 SR 525, Langley, WA 98260
- Wednesday, February 20 10 a.m.
- Wednesday, March 27 1 p.m.

**COUPEVILLE LIBRARY**: 788 NW Alexander St, Coupeville, WA 98239
- Saturday, February 23 10 a.m.

**OAK HARBOR SENIOR CENTER**: 51 SE Jerome St, Oak Harbor, WA 98277
- Tuesday, February 19 10 a.m.
- Tuesday, March 5 11 a.m.

Information will be provided about:
- "Basic" Medicare benefits
- Options for additional insurance(s).
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

Note: Medicare Advantage plan enrollees who want to opt out of their plan can do so between January 1 and March 31. This will also be discussed.

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

**Individual Consultations:**
For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:
- Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment
- WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment

**ISLAND SENIOR RESOURCES (Bayview):** 14594 SR 525, Langley, WA 98260 • 360-321-1600

Meals served Mon, Tues, Wed, Fri, noon

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**BROOKHAVEN**
701 4th Street, Langley, WA 98260 • 360-321-1600 Ext 0
Meals served Mon, Wed, Fri, noon

**COUPEVILLE METHODIST CHURCH, FIRST UNITED**
608 N Main St, Coupeville, WA 98239 • 360-678-4256
Meals served Wed, noon

**HILLSIDE EVANGELICAL FREE CHURCH**
874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211
Meals served Wed, Fri, noon

**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
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Wed, Fri, noon

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

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**MEAL SITES & HOURS**

- **ISLAND SENIOR RESOURCE CENTER (BAYVIEW)**
  14594 SR 525, Langley, WA 98260 • 360-321-1600
- **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 a.m.
- **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
  360-678-4886 Ext 28 or 360-321-6661 ext 28
  Meals served Mon, Wed, Fri, noon

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**WEEK 1**

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<tr>
<th>Day</th>
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</tr>
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<tbody>
<tr>
<td>Fri</td>
<td>Tuna Casserole Bake</td>
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**WEEK 2**

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<tbody>
<tr>
<td>Mon</td>
<td>Pork Loin w/Chutney</td>
</tr>
<tr>
<td>Tue</td>
<td>Supreme Pizza &amp; Salad</td>
</tr>
<tr>
<td>Wed</td>
<td>Chicken Alfredo</td>
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<tr>
<td>Thur</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Hungarian Goulash w/Ground Beef</td>
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**WEEK 3**

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<tbody>
<tr>
<td>Mon</td>
<td>Swedish Meatballs &amp; Rice</td>
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<tr>
<td>Tues</td>
<td>1/2 Chicken Sandwich &amp; Chowder</td>
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<tr>
<td>Wed</td>
<td>Baked Ziti &amp; Salad</td>
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<tr>
<td>Thur</td>
<td>Chef’s Choice</td>
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<tr>
<td>Fri</td>
<td>BBQ Chicken</td>
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**WEEK 4**

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<tbody>
<tr>
<td>Mon</td>
<td>Holiday Meal Sites Closed</td>
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<tr>
<td>Tues</td>
<td>BLT Wrap &amp; Tomato Bisque Soup</td>
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<tr>
<td>Wed</td>
<td>Chili Burgers and Fries</td>
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<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
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<tr>
<td>Fri</td>
<td>Fish Sandwich &amp; Chowder</td>
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**WEEK 5**

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<tbody>
<tr>
<td>Mon</td>
<td>Chicken Fried Steak and Potatoes</td>
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<tr>
<td>Tues</td>
<td>Half Reuben and Oven Fries</td>
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<tr>
<td>Wed</td>
<td>Beef Satay w/Peanut Sauce</td>
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<td>Thurs</td>
<td>Chef’s Choice</td>
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In observance of Presidents Day, Oak Harbor Senior Center and Island Senior Resources will be closed Monday, February 18, 2019

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**Making Friends**

By Cheryl Weiser, Executive Director, Island Senior Resources

An increasing number of Whidbey seniors are transplants from other parts of the region and beyond. Drawn by the incredible beauty, the reduction in the metropolitan pace and crush, they make a special place to be in our later years. And, we are poised to meet new people, make new friends, and find ways to become part of the fabric of the community we live in.

For some transplants, the ‘making new friends’ part of moving to Whidbey is easy but for others, finding new friends has been a bit tougher, making them feel more isolated than they thought would be the case.

I want to urge you to reach out in your neighborhood, in the town you are closest to or attracted to, or to a community of people that seem alive and welcoming. Immediate options come to mind: churches, senior centers, service organizations, groups connected with the arts or recreation or the environment or education or political activism. Whether as a volunteer or a participant in an activity or group, what are your interests and what are the options for you to engage those interests?

Making friends happens over time and through shared experiences, learning about one another, laughing and crying together, swapping ideas or information, attending events together and developing a bond called ‘friendship.’

Now, in the winter of a new year is a great time to survey the territory of your life to identify and seek out new friendships or deepen those you already have. Our lives are enriched by relationships, and it takes time, energy, and opportunity to build the relationships and sense of belonging in a community we need and want in our lives. Go forth and enrich your life with relationships in 2019!

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**Donate What You Don’t Need**

Clutter, clutter everywhere and not the space to think! Have you ever wondered how you accumulated so much stuff you don’t use? Drawers, closets, even maybe the garage have become the “catch-all” for everything you don’t use or don’t know what to do with.

Just after the holidays I looked around my house and realized that if I cleared out what I don’t use I’d gain something – more room to breathe, more room to think. So, I am going at it closet by closet with zeal. “What do I need that for?” I ask. “Do I really use this point. What about that lawnmower sit-

away – OK, that’s a good starting place. But, there’s a fine line when it comes to deciding what I don’t need and what I might need someday, after all, I don’t want to have to buy something I just threw away when I find I need it. Sure, I might need a ladder someday, but if I haven’t climbed on one in three years, it’s time to give it away. My inner voice said, “Sure you might need a ladder someday but by the time “someday” rolls around what you’ll really need is some-

one to climb that ladder for you.” Good point. What about that lawnmower sitting in the garage? I hire the neighborhood teenagers now to mow my lawn, and they use their own mower…time to give mine away. I have a linen closet full of good wool blankets from when I had a household of children who are now all grown and living far away. Wouldn’t someone else here on the island with a family use and appreciate them? I’ll keep three for guests and give the rest away. These long rainy days of winter are a great time to do this. I’ve started doing a room each week. Every week I load up my car and take it all to Senior Thrift. Everything I don’t need will help someone else who needs it, and while I’m at the thrift store, I might find something I need that someone else donated. I sup-

port Senior Thrift because all the profits help local seniors like me. That feels good. You can do it too!

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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.

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**Island Senior Resources eNews!**

Join our email list and receive our monthly eNews the last Friday of every month. It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.
FEBRUARY HIGHLIGHTS at Island Senior Resources

**FEBRUARY at SENIOR THRIFT**

**STORE HOURS**
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249
360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

We have items on sale every day. See our website for full sales calendar: www.senior-resources.org/thriftstore

**ALL FEBRUARY**

**RED TAGS, 25% off**

**WHITE TAGS, 50% off**

**SATURDAY, FEB. 9**

25% off Showcase jewelry • 50% off all other jewelry

**SUNDAY, FEB. 17**

Your choice of one (1) item, 25% off

**THURSDAY, FEB. 21**

Your choice of one (1) item, 25% off

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**FUN-draising**

**Saturday, Feb. 9**

Not Your Grandma's Bingo will be back Saturday, Feb. 9 in Bayview Hall. These events sell out quickly. Go to www.senior-resources.org to purchase tickets. You don't want to miss this boisterous "fun-draising" event hosted by famous drag-queens Sylvia O'Stayformore and Bobbie "your blessings. It's BINGO like you've never seen it before. Age 21+ only. Come join us! You help our community when you help support Island Senior Resources.

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**AARP Tax-Aide Free Tax Return Preparation**

**Feb. 1 through April 12**

AARP Tax-Aide is offering free tax return preparation for taxpayers with low and moderate income, with special attention to those ages 60 and over. AARP membership is not required. There are appointments available Feb. 1 through April 12 at Oak Harbor Library, Coupeville Library, Island Senior Resources (Bayview) and Oak Harbor Senior Center. Appointments, although not required, are recommended and will receive preference over walk-ins. No walk-ins or appointments during the last hour of operation. For appointments at Coupeville Library and Island Senior Resources (Bayview) call 360-678-3000, leave your name and telephone number, and your requested site and date. A volunteer will return your call to schedule an appointment. Appointments can also be made when Tax-Aide volunteers are on site. For appointments at the Oak Harbor Senior Center, call 360-279-4580. Appointments for the Oak Harbor Library can be made in person at the library.

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**DRIVE SAFE DRIVE SMART**

Take the new AARP smart driver course

**February 9**

8:30 a.m. - 4 p.m.
Island Senior Resources (Bayview)

Refresh your driving skills; understand the new rules of the road. Learn driving strategies to help you stay safe behind the wheel.

This class may save you money on your car insurance. There are no tests to pass. Lunch not included.

Cost: $15 AARP members, $20 for non-AARP members.
Registration required. Call 360-321-1600 or 360-678-3373.

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**Dementia Care Classes for Caregivers**

Taught by Kathleen Landel

**Feb. 19 – Let’s Talk About the Brain: The Impact of Dementia**

Understand how the brain changes with dementia and the reason behind challenging behaviors.

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**Dementia Care Partner Support Series**

Taught by Kathleen Landel

**Tuesday, Feb. 5, 19, March 5, 19**

10 a.m.-Noon
Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor

This series is progressive and will cover topics on Facing Dementia, Skills, and Coping. The Long Haul, Taking Stock – Taking Care of You, and Putting it all Together. You will connect with other caregivers and learn through videos, handouts, discussions and hands-on skill training.

$15 per class. Call 360-969-5471 to register.

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**End of Life Discussion Series**

Held Tuesday afternoons, featuring the following topics hosted by Island Senior Resources and Hospice of the Northwest.

12:30-2:30 p.m. at Coupeville Library, 788 NW Alexander St.
Class is FREE. For more information, contact Nicole Donovan 360-321-1600. No need to register.

**Feb. 19: Introduction and Overview**

Aging in Place, Fall Risks (HHW)

**Feb. 26: The Legal Paperwork**

What documents are available and needed (HHW and Andy Schul, Attorney-at-Law)

**March 5: End of Life Options**

Disease progression, in-home care and hospice care (HHW and Whidbey Hospice)

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**March 19 – The Caregiver Journey: The Stage of Dementia**

Learn how dementia progresses and how you can anticipate and respond to the changes and support your own needs.

1-3 p.m. at Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor

$15 per class. Call 360-969-5471 to register.

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**March 12: After Death**

A panel discussion with funeral home representatives (Jason Easton from Evans Funeral Chapel and On-site Crematory and Paul Kuzina from Whidbey Memorial)

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**March 19: Grief and Loss**

How does change affect you? A discussion providing tools for change, grief, and loss (HHW)

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**Thank you Rotary Club Whidbey Westside!**

Janice DeWolf ISK Food Service Manager, John Joyce Rotary Club at Whidbey Westside. Photo by Mel Watson

Rotary Club Whidbey Westside donated $1,000 for Meals on Wheels! We thank you for your generosity and for all the help you provide to our Pancake Breakfast fundraisers for Meals on Wheels. We appreciate your time, humor, and generous support for our nutrition program that serves seniors in need.

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**Chronic Pain Self-Management Workshop**

**Thursdays, Feb. 7 through March 21**

1 – 3:30 p.m.
Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor

Learn to better manage medications, make decisions and communicate more effectively, eat well, add activity to your daily life and much more.

Registration Required. Class is FREE but space is limited. To register, contact Debbie Metz, 360-321-1621

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**Thank you!**

All of us at Island Senior Resources would like to thank the many individuals, businesses, and organizations, who provided vital support to Island Senior Resources in 2018. From financial contributions, to volunteers, donations of services, space, items for our rallies, and so much more, we thank you all.

Many local and regional organizations and businesses sustained us in many different ways and we hope everyone in the community will make a special effort to join in with us in thanking them for their support of all we do to serve seniors and adults living with disabilities in our community:

- Bank of America
- Bayview Hall Building Source
- Cadence Distillery
- Camano Community Center
- Candwood Suites
- The Caregiver Coach
- Casey’s Crafts
- Coastal Community Bank
- Color Box Salon
- Coupeville Methodist Church
- Eagles FOR AERIE #3418
- Freeland Ace Hardware
- Gallery Golf Course
- Good Cheer
- The Goose
- Gooseloft
- Harvest Foundation
- Heritage Bank
- Hillside Church
- Imagine Children’s Museum
- Isherwood Art Pottery
- Island Athletic Club
- Island Cafe
- Island County Fargourns
- Island County Housing Authority
- Lundgren Grabbing Knights of Columbus–St. Hubert Catholic Church
- Les Schwab
- Linda’s Littlex
- The Lord’s Garden
- Lucky Seven Foundation
- The Machine Shop
- Maple Ridge
- Muktuk’s
- Mutiny Bay Distillery
- Noe Jose Café
- Oak Harbor Bowling
- Oak Harbor Cinema
- Oak Harbor Rotary Club
- Oak Harbor Senior Center
- Oak Harbor Women’s Group
- Puget Sound Energy
- Rain Shadow Nursery
- Raven Rocks Gallery
- Rocket Tacos
- Rotary Club Whidbey Westside
- Sarah Schmidt Nature Guide
- Seattle Essential Baking Company
- Seattle Foundation
- Sno-Isle Libraries
- South Whidbey Assembly
- St. Augustine’s in-the-Woods
- St. Cecilia Church
- St. Hubert Catholic Church Women’s Group
- Stillaguamish Tribe of Indians
- Sweet Noses
- Swinomish Tribe
- TulaRocks Tribe
- Walmart
- Wells Fargo
- Westpalh Improv
- Whidbey Children’s Theater
- Whidbey Donuts
- Whidbey Golf Club
- Whidbey Island Distillery
- Whidbey Weekly
- Wild Crow Pies

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**March 26**

Children’s Dialogues with Dr. Ramona Simpson, M.D., Ph.D. at St. Augustine’s in-the-Woods. Event is made possible with the support of our Rotary Club Whidbey Westside. There are no costs to attend. To register, contact Kathleen Landel, 360-279-4580.

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**February 2019**
TRUSTING continued from page 1

Kaleafa Cannabis Company has the largest selection of CBD Products on Whidbey Island. Our professional friendly staff are ready to assist you in finding the right product to suit your needs. We are easily accessible and open 7 days a week.

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There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

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Topicals, Edibles

WEB LINKS TO INFORM & INSPIRE…

When you have a few quiet moments, visit senior-resources.org/ weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. You can also reach the links from our homepage senior-resources.org and click “Links” in the upper right corner.

• Music:
  • How Music Reaches Those with Memory Issues
  • Keep Your Brain Young with Music
  • 14 Ways to Spend Valentine’s Day with Your Senior Loved One
  • Where to Report Fraud or Financial Exploitation

BE WISE & BE CAREFUL WITH YOUR INFORMATION

When my father asked if he should learn the computer we discouraged him because she had not trained herself with years of practice to maneuver this complex environment of unfiltered information. When my mother-in-law asked if she should get on Facebook we discouraged him because it would expose him to advertising and fake relationships he’d never tried to handle before.

Where we can rest is back at the basics: being in relationships of acquaintance, friendship, and family we trust.

My friend who hung up the phone is 85. She comes from a time and place where she knew the milkman, the postman, the grocer, the bank teller, and other service providers. Exchanges of asking and offering were conducted in a field of familiarity and relationship. These types of face-to-face connections still flourish on Whidbey and are part of what we appreciate about island life: we’re friendship, and family we trust.

Karen Richter, Membership Vice President, PSARA

PASS THE LONG-TERM CARE TRUST ACT

Presenters will include:

• Robby Stern, President, PSARA Education Fund
• Kippi Waters, Founding Director, Peninsula Homecare Cooperative
• Karen Richter, Membership Vice President, PSARA

The Long-Term Care Trust Act (HB 1087 & SB 5331) would give families the security of knowing that financial help is available for the care they need when they need it. Information will be presented on this ground-breaking legislation and what we can do to help make it the law of Washington.

WASHINGTON CAN TAKE THE LEAD PASS THE LONG-TERM CARE TRUST ACT!

Tuesday, February 12 • 6:30pm-8:00pm
Langley United Methodist Church Fellowship Hall
301 Ames Ave - Langley

Inquiries to: Karen Richter, Membership Vice President, PSARA 360-682-2339

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