By Christina Baldwin
Board Member, Island Senior Resources

She was 99-years old, living independently, proudly self-sufficient. So, when her window blinds needed dusting, she got on a step stool to do them herself. Something happened: she lost her balance, the steps went out from under her, she flailed for a handhold, and the blinds fell with her, the metal slats and the stool step hit her at the base of the spine. It took her an hour to slide herself across the room to the phone, pull it by the cord off the table and into her hands. Then, she called for help. Not 9-1-1, but her 97-year old friend who came right over, assessed the situation and convinced her medical treatment was needed.

“Oh, the poor dear,” you may say, “Why do “old people” do these things?” Well, it’s not about them, at least not only them. It’s all of us. We push our edges, striving to maintain the sense of selfhood we had in earlier years. Our bodies remember childhoods when every year we got bigger and stronger, noticing with pride our increased athleticism, intelligence, and problem-solving (well maybe not so much in the teen years, but returning in our twenties). If we fell, we got up. Throughout adulthood, if we got an injury or illness, we tended to recover and to benefit from physical therapy and

**THE TROUBLE WITH PRIDE:**
Not Asking for Help Can Hurt You

By Christina Baldwin
Board Member, Island Senior Resources

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**CLEANING continued on page 12**

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**PRIDE continued on page 2**

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**QUESTION OF THE MONTH: WHAT IS YOUR FAVORITE HOBBY, ACTIVITY, OR PROGRAM YOU PARTICIPATE IN?**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>City</th>
<th>Activity/Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dan Simenson</td>
<td>89</td>
<td>Oak Harbor</td>
<td>&quot;Build radio-controlled airplanes.&quot;</td>
</tr>
<tr>
<td>Warren</td>
<td>66</td>
<td>Coupeville</td>
<td>&quot;Walking with the Senior Striders group every Thursday morning.&quot;</td>
</tr>
<tr>
<td>Ingri Johnson</td>
<td>80</td>
<td>Coupeville</td>
<td>&quot;Bridge.&quot;</td>
</tr>
<tr>
<td>Evy</td>
<td>66</td>
<td>Langley</td>
<td>&quot;Day hikes/walks on any of our beautiful island trails with friends and/or family any time of year.&quot;</td>
</tr>
<tr>
<td>Elizabeth</td>
<td>59</td>
<td>Langley</td>
<td>&quot;Wandering through art galleries.&quot;</td>
</tr>
<tr>
<td>Gene Cushway</td>
<td>78</td>
<td>Oak Harbor</td>
<td>&quot;Golf and Ping Pong.&quot;</td>
</tr>
<tr>
<td>Suzanne</td>
<td>68</td>
<td>Greenbank</td>
<td>&quot;Lunch &amp; Learns. I always learn something new.&quot;</td>
</tr>
<tr>
<td>Pam Rhinehart</td>
<td>73</td>
<td>Oak Harbor</td>
<td>&quot;Playing bunco and helping with the tea parties and bake sales.&quot;</td>
</tr>
</tbody>
</table>

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Proud supporter of Whidbey Island community events and your source for What’s Happening on Whidbey Island

www.whidbeyweekly.com

390 NE Midway Blvd #B203 - Oak Harbor - 360-682-2341
WISHING FOR SPRING

By Cheryn Weiser, Executive Director, Island Senior Resources

As I write this article, we are contemplating the most significant snowstorm to come to Puget Sound in over 20 years. I like a good snow once in a while but the potential for feet of snow and the likely forced encampment for many days makes me long for spring.

Going to the grocery store yesterday was much like the day before Thanksgiving, long lines and full carts contemplating days of not making it to the store. I admit to being a bit spoiled as the store is only a mile from my home. If I really need something or I simply don’t want to buy too much at a time, the store is handy.

How ready are you to deal with extended periods of inclement weather or that oft talked about earthquake or tsunami? Do you have extra water at your house that could see you through many days? What other shelf-stable supplies have you tucked away in case the power is out, and you need food that doesn’t need preparation?

Coupeville has long had the Neighborhood Emergency Team (NET) that provides a network of communication in Coupeville neighborhoods. A similar program is just being launched in Langley. If you live in either of those communities, you may already be involved, or you can get involved to make use of all the know-how and be connected to others near you.

For those of us that live in the County, we need to draw upon Island County Emergency Management, www.islandcountywa.gov/DEM/Pages/Home.aspx. Their website includes a whole section on preparedness that has many useful resources.

So, as I wish for spring, I am committing myself to become better prepared for untoward natural events along with reminding myself that I probably can’t do quite as much under those conditions as I used to be able to do. I suspect I’ll be looking out at the snow more than I’ll be playing in it.

For every donation of $25 or more received by March 15th, a fleece blanket will be delivered with a hot meal to a Meals on Wheels recipient.

Donate online or by phone:
www.senior-resources.org
(360) 321-1600 or (360) 678-3373

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)
14595 SR 525, Langley, WA 98260
Wednesday, March 27, 10:30 a.m.

Wednesday, May 15, 10:30 a.m.
retraining. Look at all those athletes who return to the field and push through pain while spectators cheer. Look at all those rightfully proud cancer survivors. Go into the Athletic Club, the sports gym, the boxing gym, and there we are, aging, greying, still working it, wanting to stay strong, independent, and self-sufficient.

Yes—and—the following is a “disguised-identity” list of real-life examples of pride going before a fall: Eighty—something years old, up on a two-story slanted roof; he fell through the skylight into the living room, much to his wife’s surprise. Broken rib. Back up there the following week to oversee installment of the replacement window.

On a ladder changing bulbs on motion-detector lights over the patio, she slipped; two broken ankles, wheel-chair bound for months, still trying to regain former strength and sure-footedness. Rented a chain saw to cut up storm debris, hadn’t run one in decades, but thought he could remember; lost control of it and sawed through his wheelbarrow handles before hitting the safety switch—turn up work boots and pride—thankfully still has ten toes.

She wanted one more dog in her life. When her kids talked her out of an 85-pound lab, she got a chihuahua mix, but with macular degeneration, she can only see an 85-pound dog on the horizon, never mind a chihuahua mix. But she wouldn’t go down without a fight. “I can do it,” she said, and it was the truth. She wanted one more dog in her life.

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She needed help. She wanted one more dog. She needed a new reality check.

“When the physician asks you to do something new, do you ask for help?” I asked her.

“Help is all around us. Most people enjoy helping and often just don’t know where to ask.”

“Thank you for your help. I do,” she said, and it was the truth.

WEB LINKS TO INFORM & INSPIRE…

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

• Can You Age in Place in Your Home?
• How to Age Well and Stay in Your Home
• The Power of Music: Sounds That Heal
• 25 Best Budget Recipes from Cooking Light

“Change” continued from page 1

MARCH at SENIOR THRIFT

DATE: Saturday, March 16th
TIME: 9 a.m. – 11 a.m.
PLACE: Island Senior Resources (Bayview) 14854 SR 525-Langley

DONATION HOURS
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm

Sales Calendar: www.senior-resources.org/thriftstore

—you can get your tax receipts from us.

“Change” continued from page 1

MARCH at SENIOR THRIFT

STORE HOURS
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodward 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 MARCH

Green Tags, 25% off • Red Tags, 50% off

Our new tags are here. We have gift cards available at the registers. Gift cards are perfect gifts for the treasure hunter in your life!

Senior Thrift will close at 2 p.m. March 17 for a volunteer/staff meeting.

Pancake Breakfast
Benefits Meals on Wheels
Saturday, March 16th
9 a.m. – 11 a.m.

Island Senior Resources (Bayview)
14854 SR 525-Langley

Let us do the cooking!

Enjoy Pancakes, Scrambled Eggs, Sausage Links, Fresh Fruit, Juice, Milk, Coffee or Tea. (Gluten free links & pancakes too) “Remember to wear your Greent!”

Raffle Baskets: Chocolate, Irish, Breakfast, & other

Tickets: $2.00 each

Suggested donation $7 each

Donations gladly accepted from opening until 4 PM daily except Wednesdays

Donations gladly accepted from opening until 4 PM daily except Wednesdays

New To Medicare?
We can help sort through options.
J. Johnson Insurance, LLC
Now in Freeland
360-341-1848
jjins@whidbey.com

Naomi DeMartini, Agent
Medicare including Medicare Supplement plans, Medicare Advantage plans, Medicare Prescription plans along with individual & small group plans.

1635 Main Street #A7, Freeland, WA 98249
**March Highlights at Island Senior Resources**

**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 – 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.

**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 at 360-321-1600.

- **March 5: End of Life Options**
  - Disease progression, in-home care options and hospice care (HNW and Whidbey Hospice)

- **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)

- **March 19: Grief and Loss**
  - How does change affect you? A discussion providing tools for change, grief, and loss (HNW)

**Drive Safe**
**Drive Smart**
Take the new AARP smart driver course
Saturday, March 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.

**Dementia Care Classes for Caregivers**
Taught by Kathleen Landel
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. Call 360-969-5471 to register.

**Aging in Grace**
**Healing Circle**
2nd and 4th Thursdays, 2-3:30 p.m.
At Healing Circles, 534 Camano Ave, Langley, WA 98260
A healing circle for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends and connect with others as we accept and adapt to the limitations and opportunities of aging.
Hosted by Nicole Donovan, Aging & Disability Resources Manager, Island Senior Resources. For further information call 360-321-1600, or e-mail Nicole at DonovNM@dshs.wa.gov

**Kaleafa Cannabis Company**
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.

**Bring Retirement to Life!**
**Harbor Tower Village**
A Village Concepts Retirement Community
At Harbor Tower Village, you will discover a warm and homelike atmosphere with traditional, old-fashioned hospitality. Call today to arrange for a personalized tour and enjoy lunch on us!

**Now 2 Locations on Whidbey to serve you.**

**Join Our Board!**
We are seeking new members from across Island County. Lend your voice. You can truly make a difference.
Call 360-321-1600 or 360-678-3373 to apply
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.

**NORTH END**

**Alzheimer’s & Dementia Caregivers Support Group**
1st Thursday, 2:30 – 4:30 p.m.
Summer Hill Assisted Living, Oak Harbor
Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

**Oak Harbor Caregiver Support Group 1**
1st Thursday, 2 – 3:30 p.m.
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

**Oak Harbor Caregiver Support Group 2**
4th Wednesday, 2 – 3:30 p.m.
Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

**Parkinson’s Support Group**
1st Tuesday, 10 – 11:30 a.m.
Trinity Lutheran Church, 18341 WA-525, Freeland Ave
In the old building, in Gregware Hall
Contact: Mel Watson, 360-321-1623

**Aging in Grace Support Group**
For anyone with concerns, stories, and wisdom about aging
2nd Monday, 10 a.m. – Noon
Freeland Library, 5495 S. Harbor Ave., Freeland
Contact Nicole Donovan 360-321-1600

**Aging in Grace Healing Circle**
2nd and 4th Thursday, 2 – 3:30 p.m.
Healing Circles
534 Camano Ave, Langley, WA 98260
Contact Nicole Donovan 360-321-1600

**Parkinsonics Singing Group**
1st and 3rd Monday of the month, 2:30 – 3:30 p.m.
The Modular Building at Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor
Contact: Eula Palmer, 360-675-9894

**Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623.**

**SOUTH END**

**Alzheimer’s & Dementia Caregivers Support Group**
2nd Tuesday, 10 a.m. – Noon
Alder Room, Island Senior Resources, 14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

**MS Support Group**
3rd Tuesday, 10 – 11:30 a.m.
Alder Room Island Senior Resources, 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

**Parkinson’s Support Group**
1st Tuesday, 10 – 11:30 a.m.
Trinity Lutheran Church, 18341 WA-525, Freeland Ave
In the other building, in Gregware Hall
Contact: Mel Watson, 360-321-1623

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## Oak Harbor Senior Center Activities

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Quilting</td>
<td>9 Quilting</td>
<td>9 Billiards</td>
<td>9 Billiards</td>
<td>9 Quilting</td>
<td>Ping Pong</td>
</tr>
<tr>
<td>9 Billiards</td>
<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>9 Lapidary</td>
<td>9 Billiards</td>
<td>Billiards</td>
</tr>
<tr>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
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<tr>
<td>11:30 Duplicate Bridge</td>
<td>11:30 Duplicate Bridge</td>
<td>11:30 Duplicate Bridge</td>
<td>11:30 Duplicate Bridge</td>
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<td>Duplicate Bridge</td>
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<tr>
<td>11:30 LUNCH</td>
<td>11:30 LUNCH</td>
<td>12:30 Party Bridge</td>
<td>12:30 Party Bridge</td>
<td>12:30 Party Bridge</td>
<td>Walking Club</td>
</tr>
<tr>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Line Dance</td>
<td>Line Dance</td>
</tr>
<tr>
<td>1 Art with Ivy</td>
<td>2:30 Parkinson's Singing Group (1st &amp; 3rd Monday)</td>
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</tr>
<tr>
<td>1 Clogging</td>
<td>1 Clogging</td>
<td>1 Parkinson</td>
<td>1 Parkinson</td>
<td>1 Parkinson</td>
<td>1 Parkinson</td>
</tr>
<tr>
<td>5 Tai Chi</td>
<td>5 Tai Chi</td>
<td>6 Lapidary</td>
<td>6 Lapidary</td>
<td>6 Lapidary</td>
<td>6 Lapidary</td>
</tr>
<tr>
<td>8:30 Yoga</td>
<td>8:30 Yoga</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
<td>9:30 Enhance Fitness</td>
</tr>
<tr>
<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>10 Creative Writing</td>
<td>10 Creative Writing</td>
<td>10 Creative Writing</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>9:30 Enhance Fitness</td>
<td>11:30 Duplicate Bridge</td>
<td>11:30 Duplicate Bridge</td>
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<td>11:30 Duplicate Bridge</td>
<td>Tai Chi</td>
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<tr>
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<td>Tai Chi</td>
</tr>
<tr>
<td>1 Paper Crafts (2nd and 4th Wednesday)</td>
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<tr>
<td>1 Caregiver Support (4th Wednesday)</td>
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<td>1 Caregiver Support (4th Wednesday)</td>
<td>1 Caregiver Support (4th Wednesday)</td>
</tr>
<tr>
<td>4 Pickle Ball</td>
<td>4 Pickle Ball</td>
<td>4 Pickle Ball</td>
<td>4 Pickle Ball</td>
<td>4 Pickle Ball</td>
<td>Pickleball</td>
</tr>
</tbody>
</table>

**Saturday Activities**

- 10am-1pm: Pickleball
- 12-1pm: Beginner Pickleball

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## Island Senior Resources (Bayview) Activities

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td><strong>activities held at Trinity Lutheran Church, Freeland</strong></td>
</tr>
<tr>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>Lunch Served</td>
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<tr>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
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<td>1 Mahjong</td>
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<tr>
<td>8:45 Advanced Tai Chi</td>
<td>8:45 Advanced Tai Chi</td>
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<td>8:45 Advanced Tai Chi</td>
<td>11:00 Tai Chi Group**</td>
</tr>
<tr>
<td>9 Foot Clinic – call (360) 341-3210 for appt</td>
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<tr>
<td>10 Beginning Tai Chi</td>
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<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
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<tr>
<td>10:30 Tune In, Tune Up</td>
<td>10:30 Tune In, Tune Up</td>
<td>10:30 Tune In, Tune Up</td>
<td>10:30 Tune In, Tune Up</td>
<td>10:30 Tune In, Tune Up</td>
<td>10:30 Tune In, Tune Up</td>
</tr>
<tr>
<td>10:30 Ukulele with Tula</td>
<td>10:30 Ukulele with Tula</td>
<td>10:30 Ukulele with Tula</td>
<td>10:30 Ukulele with Tula</td>
<td>10:30 Ukulele with Tula</td>
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<td>11:45 Lunch Served</td>
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<td>11:45 Lunch Served</td>
</tr>
<tr>
<td>2:30 Parkinson’s Singers*</td>
<td>2:30 Parkinson’s Singers*</td>
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**Activities are held at Trinity Lutheran Church, Freeland**

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**Dates and times of all scheduled events are subject to change. It’s always advisable to call to confirm.**
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**
--- | ---
March 5 | The NW Language and Cultural Center: We have a wonderful resource in our community – the NW Language and Cultural Center. Come meet Executive Director and Founder, Josette Hendrix, who created her dream of people-to-people connection, the delights of sharing with people from diverse cultures, and the value of giving us opportunities to learn about the richness of our human family.
March 12 | Taming Bigfoot Whidbey: Are you wondering how to make a difference in these mixed up and chaotic times of climate disruption? What if we could make reducing our carbon footprints fun? Using a locally sensitive carbon calculator, together we will learn how you can change our own carbon footprints, what community resources are available to help us, and in doing so create a more resilient Whidbey.
March 19 | It's the Week of St. Patrick's Day: Marcia Wiley, traveler and genealogist, will give us a double dose of Ireland. She recently returned from a trip to Ireland and will share some of her adventures. She will also talk about some of the unique features of Irish genealogy research.
March 26 | Purposeful Conversations: For four years, Susie Barnett and Janice O’Mahony have been leading "purposeful conversations" on a variety of issues from politics to poetry. Come hear about these conversations and maybe you’ll consider starting your own series with friends.

**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**
--- | ---
March 6 | Bingo: Aging & Disability Resources will be available from 11:30 a.m. to 1:30 p.m.
March 13 | Suva, 1930 to 2019: Gary McIntyre, Suva Captain. Frank Pratt sailed the SUVA in 1930s Penn Cove waters. Now the Coupeville Maritime Heritage Foundation has brought her back to life. What happened during those years? Captain McIntyre will recount this fascinating story and answer your questions.
March 20 | Staying Strong & Flexible: Harada Physical Therapy owner Erick Harada, and staff from his Coupeville clinic, will demonstrate, and then supervise you as you practice moves to be flexible and stronger.

**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.

**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 contact information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.

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**VEGGIE GARDEN WORD SEARCH**

**MAKING THE MOST OF YOUR VEGETABLE GARDEN**

| ACIDIC | CONTAINER | NETTING | SANDY |
| AERATION | DROUGHT | PEAT | SOIL |
| AIR | EDDING | PREDATOR | SPACING |
| ALKALINE | FERTILIZER | ROOTS | TOP DRESS |
| AMENDMENT | FLOWERS | ROT | WATERING |
| ANNUAL | FUROWS | BACTERIA | HARDY |
| BEDS | HAY | BENEFICIAL | HERBS |
| BIENNIAL | INSECT | COMPOST | MATURE |
| BLOSSOM | MANURE | CONSERVE | MULCH |

**SUDOKU**

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will give you hooked from the moment you square off. So sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**ANSWERS BELOW**

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TRAVEL LOG

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

MYSTERY LUNCHES
Tuesday, March 5
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30
Prices includes transportation only
The mystery has been solved—the lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometimes there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

BOEING FUTURE OF FLIGHT TOUR
DATE CHANGE
Friday, March 1
8 AM – 5 PM
Member: $73 • Non-Member: $88
On this trip our first stop will be at the Future of Flight where we will take a 1.5-hour walking tour of the Boeing factory. This is a one-of-a-kind opportunity to view 747, 767, 777, and 787 Dreamliners on the assembly line before they take to the sky. After a no-host lunch at the café, we will head a few miles down the street to Flying Heritage and Combat Air Museum. This museum brings to life WWII-era aircraft, tanks, combat armor and other technologies which have been restored to working condition.

SPECIALIZING IN EXTERIOR RESTORATION, SETUP & MAINTENANCE
REAL ESTATE LISTING SETUP • SENIOR PROPERTY CARETAKER
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Veteran Owned • Serving Whidbey Island
Andy Cheechov - Owner • cheechmonsters@aol.com

NORTH SnoHOMiSH COUnTY BACKROADS
Wednesday, March 20
8 AM – 6 PM
Member: $47 • Non-Member: $57
We are taking the back roads on this journey around North Snohomish County and South Skagit County including stops in Sedro Woolley, Rockport, Darrington, Granite Falls, and Arlington. Enjoy the views and maybe even discover some new places. We will stop for a no-host lunch along the way.

PACIFIC INSTITUTE OF CULINARY ARTS
Tuesday, March 19
9 AM – 6 PM
Member: $83 • Non-Member: $100
Who is ready for a gourmet lunch? We are returning to the Pacific Institute of Culinary Arts in Vancouver B.C. where we will enjoy a 3-course meal prepared by the students. There will be delicious desserts and pastries available for purchase that you can enjoy after your meal or on the bus ride home! Also, we will have a brief time to shop the market at Granville Island before returning home. Price includes transportation and lunch. Please note a passport or enhanced license is required.

SILVER REEF CASINO
Monday, March 25
9 AM – 5 PM
Member: $27 • Non-Member: $37
We haven’t been up north for a while so let’s go try our luck! Silver Reef is always a friendly place to visit and we receive a discount on lunch.

BURLINGTON THRIFT STORE HOP
Thursday, March 28
9 AM – 5 PM
Member: $20 • Non-Member: $30
It is time to look for treasures again! We will head over to Burlington and stop at 2-3 thrift shops and a restaurant for a no-host lunch.

NEW! CHERRY BLOSSOMS AT THE UW
Friday, March 22
9 AM – 6:30 PM
Member: $45 • Non-Member: $55
On this trip we will first travel to Seattle’s Madison Park neighborhood for lunch on your own where there are several great restaurants to choose from. Next, we’re off to the Washington Park Arboretum to wander through paths of Japanese maples, magnolias, azaleas and new spring greenery. Finally, our last stop will be the UW campus to marvel at the huge display of blossoming cherry trees! This trip will be a perfect way to enjoy spring in Seattle.

NEW! SEATTLE FOOD TOUR
Thursday, June 6
8 AM – 5:30 PM
Member: $105 • Non-Member: $125
Let’s enjoy a spring shopping trip! There will be an optional trip to World Market, Storables, and Target after lunch, or you can continue to shop Alderwood Mall. There are many options for a no-host lunch.

NEW! MAMA MIA!
Sunday, April 7
10:30 AM – 5:30 PM
Member: $50 • Non-Member: $60
This fantastic production of heartfelt, touching moments, hit songs, flashy costumes, and groovy moves make it one of the most successful shows. This year we will take a short ride to McIntyre Hall in Mount Vernon and enjoy the fun-filled, excellent production of Mamma Mia! We will stop for a no-host lunch prior to the show.

ANDY’S YARD & PROPERTY MAINTENANCE
Serving Whidbey Island
Respect and Care at Home
360-544-2381
Serving South Whidbey Island
Serving North Whidbey Island & Anacortes

MARCH

TRAVEL DESK, 360-279-4587
Island Senior Resources, (360) 321-1600, (360) 678-3373

April

Helping You Stay At Home

• Trusted, experienced in-home care for all ages
• Private Pay, VA, State Funded Care, DDD, Long Term Care Insurance
• Personal care - help with daily living activities
• Free, no obligation in-home assessment
• Respite care - much-needed relief for the primary caregiver

ResCare HomeCare, Freeland
ResCare HomeCare, Oak Harbor
360-331-7441  360-240-0044

ResCare HomeCare, Freeland
ResCare HomeCare, Oak Harbor
Serving Whidbey Island & Anacortes
Serving North Whidbey Island & Anacortes
360-331-7441  360-240-0044
food Restaurant! After the tour, there will be time to shop around the market place. Cost includes transportation and guided tour with food samples. Limited seats are available for this tour, please sign up early to assure your spot. Please note: this tour involves a lot of walking.

ICELAND’S MAGICAL NORTHERN LIGHTS
November 1-7, 2019
Double: $3,849 Single: $4,349
Special Travel Presentation: Tuesday, April 2, 11 A.M.
Experience the energy at the geothermal fields of Geysir and Strokkur, learn about the volcanic nature of Iceland, search for nature’s dazzling display on a northern lights cruise, see Jökulsárlón glacial lagoon, and savor gourmet Icelandic cuisine!

EXPLORE TUSCANY
September 19-27, 2019
Double: $3,349 Single: $3,649
Includes ground and air transportation, lodging, and 10 meals. Explore the beautiful land of Tuscany on this 9-day tour featuring Montecatini Terme, Florence, winery and cheese farm tours, and a cooking class!

CASINO TRIPS IN 2019
All casino trips depart/return from Bayview Community Hall Parking lot. Depart 9 AM • Return 4:30 PM
Member: $35 • Non-member: $45

ISLAND SENIOR RESOURCES
For more information, call 360-321-1600 or 360-678-3373
ISR provides transportation to/from Bayview Hall.
Clinton ferry pricing does not include walk-on ferry ticket

MEAL SITES & HOURS
ISLAND SENIOR RESOURCE CENTER (BAYVIEW)
14594 SR 525, Langley, WA 98260 • 360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

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.

CAMAENO 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, Tues, Wed, Fri, 11:45 a.m.

BROOKHAVEN
150 4th Street, Langley, WA 98260 • 360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.

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, 11:30 a.m.

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal. They are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program.

Due to rising costs, effective April 1, the suggested donation for community meals will be $6/meal. Meals on Wheels suggested donation will be $6/hot meal and $5/frozen meal.

MENU - MARCH
*5 Suggested donation for meals

WEEK 1
Fri 1 Open Faced Turkey Sandwich

WEEK 2
Mon 4 Chile Relleno Bake
Tue 5 French Dip w/Au Jus
Wed 6 Meaty Lasagna & Salad
Thu 7 Chef’s Choice
Fri 8 Baked Macaroni & Cheese

WEEK 3
Mon 11 Swedish Meatballs & Rice
Tues 12 Sausage Spinach Strata
Wed 13 St. Patty’s Corned Beef & Cabbage
Thu 14 Chef’s Choice
Fri 15 Vegetable Lasagna

WEEK 4
Mon 18 Chicken Strip Basket w/Sauce
Tues 19 Terrific Taco Soup
Wed 20 Chicken Parmesan
Thurs 21 Chef’s Choice
Fri 22 Fish & Chips

WEEK 5
Mon 25 Sesame Chicken
Tues 26 1/2 Rueben Sandwich & Salad
Wed 27 Meatloaf w/Tomato Topping
Thurs 28 Chef’s Choice
Fri 29 Four Cheese Ziti Bake w/Marinara

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Welcome, Anita Joseph, to the OHSC Family!

The Oak Harbor Senior Center is excited to welcome our new Program Assistant, Anita Joseph.

Anita is from the beautiful state of Florida but has enjoyed living in Oak Harbor for the last six years. “I am passionate about public service and have served our community, professionally and personally, since 2013.” Said Anita. Not only does Anita come to us with a master’s degree in Public Administration but also, she has previous experience working as a Program Coordinator for a non-profit organization. With her administrative knowledge, skills, and hard work ethic, she will be able to effectively serve in the Program Assistant position.

When Anita isn’t working to serve her community, she enjoys sightseeing, visiting new restaurants, traveling, and of course coffee!

Anita mentioned she is thrilled by the variety of services, classes, and events provided by the Center and hopes to join in the fun by adding support and building working relationships with staff, volunteers, and members. We are looking forward to having her join our OHSC family, please stop by the Center and join us in welcoming Anita Joseph as the new Program Assistant.

CLASSES at Oak Harbor Senior Center

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 some beginner techniques to get you started. Lessons are held at the Oak Harbor Christian School (675 E Whidbey Ave.) from 12 – 1 p.m. 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, March 18 • 2 - 4 p.m.
Cost: Free
The Future Business Leaders of America club from Oak Harbor High School are returning to help you with your technology! Bring your smart phone, tablet, laptop, or other device to get some general help and your questions answered. This is a great time to get personalized help from students who love sharing their knowledge about technology. The students will be at the Oak Harbor Senior Center from 2 – 4 p.m. Monday, March 18.

ART PARTY: GOING DUTCH
Thursday, March 21 • 1 - 3 p.m.
Cost: Members-$35 • Non-Members-$40
Never painted? Can’t draw? No problem! Professional painter, Amy Houser, will guide you through this canvas painting giving you all the tools and instructions you need. At the end of the class you will have your very own “Going Dutch” canvas painting to take home with you!

Hearing Health Services
Coupeville’s Premier Audiology Clinic
Your hearing loss is unique as you are. Schedule a hearing evaluation to discover your individual hearing solution.

Dr. Kristine Jarrell, Board-Certified Audiologist
20 N.W. Birch St, Coupeville • 360-678-1423
coupevillehearing.com
Happy Birthday
Washington State Parks

By Anita Joseph
Program Assistant, City of Oak Harbor Senior Services

Happy 106th Birthday to Washington State Parks! Washington State Parks provides us access to Washington’s most treasured land, waters, and historic places. We celebrate and cherish this destination that joins tourists and Washingtonians together to create memorable recreational and educational experiences. Save the date! March 19 is a “free-day” in which no discover pass is needed. Take advantage of this opportunity and start exploring today!

OHSC EVENTS

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 or give us a call at 360-279-4580. Not a baker but love pie? For just $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.

ELVIS
Saturday, March 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.

ELVIS

Volunteers Needed at Oak Harbor Senior Center
Looking to get involved? The Oak Harbor Senior Center has many ways to get involved. Here are a few of the opportunities at the Center: Travel & Excursion Escort, Event Planning Committee, and Front Desk Receptionist. If you are interested in volunteering or would like more detailed duty descriptions, please contact Carly Waymire at 360.279.4583 or stop by to pick up an application. Volunteering is a good way to meet new people, make connections, feel like you are a part of something, and give back!

Volunteers Needed at Oak Harbor Senior Center

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