Anita Joseph  
Program Assistant, City of Oak Harbor Senior Services

April is National Garden Month, and nothing says spring like the awakening of plant-life all around us. We enjoy the vibrant colors, sweet aromas, and the delectable fruits and vegetables that gardening provides. However, the benefits of gardening are not just found in the garden, but also in the gardener. That’s right! Taking on gardening as a hobby can yield positive results both physically and mentally. Here’s how:

Gardening Strengthens
- Who knew gardening could be considered a full body workout? Plucking, pulling, bending, kneeling, walking, squatting, and lifting all require movement from various muscles in the body. Frequent physical activity strengthens muscles which increases mobility and mobility is an important factor as we continue to age. Active adults are proven to heal faster from injuries and surgical procedures than non-active adults. Gardening is exercise that doesn’t feel like exercise because the attention is on the health and growth of the plant.

Gardening Relieves Stress
- Alleviating stress is important at any age. Stress can be triggered by an assortment of life challenges that arises as we age. Health issues, loneliness, restricted income, or the loss of a loved one causes stress levels to peak, and the older we get the less resistant we have to combat stress. Gardening, as a physical activity, releases mood-lifting endorphins which gives you the boost you need to fight against stress. Additionally, you can’t forget the simple pleasure of seeing your labor come to fruition.

In my neighborhood of 25 homes, I checked on two neighbors who usually go south but had wintered here to struggle through cancer treatments. I tested several women living alone, “Need anything? If power goes out, we’ve got soup and a wood-stove.” The cold-spell settled gently over my neighborhood because we already know and watch out for one another. As the snow hung on and ropes of slush

Loving our Neighbors in Four-Wheel Drive

By Christina Baldwin  
Board Member, Island Senior Resources

So, now that the tulips are up and spring break, Passover, Easter, and Earth Day are lined up in April – remember this? The entire island covered in eight to twelve inches of snow, ice everywhere, only a few arterial roads and the highway plowed…some people trapped at home, living off whatever they had when the storm began…no school for days…kids sledding down whatever hill they could get to. When the ice melted, we clustered to share stories of how we made it through.

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Are you having trouble sleeping at night? If you answered yes, you are not alone, issues with sleep are very common among older adults. Some of these common problems associated with sleep include having trouble falling asleep, waking up frequently during the night, and low quality of sleep. Getting a good night’s sleep is very important for your overall health, regardless of age! According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep, however it doesn’t mean older adults need less sleep.

Some factors that can be affecting your sleep patterns include other existing health conditions, poor sleeping habits, medications, or sometimes sleeping disorders. Insomnia, sleep apnea, restless leg syndrome, and circadian rhythm sleep disorders are some of the common primary disorders associated with sleep which should be addressed by a physician.

Insomnia is when you have trouble falling asleep and/or staying asleep. Chronic insomnia is defined by disrupted sleep that occurs at least three nights per week for three weeks or longer, and results in daytime consequences that are difficult to ignore. The following are some reasons you may be experiencing insomnia:

- Stress
- Anxiety
- Depression
- Medical problems

It is worthwhile to talk to a physician if you feel like you have signs and symptoms of these disorders because a good night sleep can affect a lot more than just your energy levels! Sleeping disorders can lead to increased risk for accidents and illness as well as a lower satisfaction with your daily living.

To improve your sleeping habits the National Sleep Foundation recommends the following:

- Going to bed around the same time each night
- Avoiding bright lights before bed (including tv’s, cellphones, tablets, and other electronics)
- Exercising regularly
- Doing relaxing activities before bed (such as reading, taking a warm bath, deep breathing)
- Limiting liquids close to bed time
- Avoiding caffeine and alcohol
- Using the bed only for sleep and sex
- Avoid napping

Sleep is a very important function of the human body, regardless of age! Don’t fall into the trap of thinking that just because you are aging you don’t deserve a good night rest and that older adults don’t need as much sleep because they do. Try improving your sleep by implementing some of the suggested healthy habits and if you don’t feel any improvement it may be time to see a physician.

Do Older Adults Need Less Sleep?

By Carly Waymire, Program Coordinator, Oak Harbor Senior Center

2 April 2019

Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor, WA 98277

Front Desk: 360-279-4580

Normal Business Hours:
Mon-Fri: 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: $40
Available for anyone 50+ years

Liz Lange • 360-279-4581
Senior Services Administrator

Carly Waymire • 360-279-4583
Program Coordinator

Send comments and suggestions to CWaymire@oakharbor.org
Gardening Saves Money: Need fresh produce? Shop in your backyard instead of using gas and money at the local grocery store. The cost of growing your own produce is less expensive than buying your own produce. If you are on a restricted income, you could enjoy healthy options provided by your own garden. Beets, beets, and carrots are just a few of the nutritious vegetables that are suitable to grow in our Western Washington area. Freeze or can produce to enjoy all year.

Gardening Promotes Brain Health: The hand-eye coordination needed for gardening provides great brain activity as well as sensory stimulation. While being physically active, the brain receives more blood flow. Blood flow encourages cell growth and cell growth builds cognitive functioning. Because of these benefits, community garden activities have been implemented in senior living facilities to help lower the risk of Dementia and Alzheimer’s.

If you are gardening for the first time, it could be intimidating. Don’t worry, there is an abundance of beginner articles, books, videos, and blogs for your pleasure. Check out your local library. Start small, perhaps with the fruits or vegetables you love to eat. Let the digging begin!

“Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized.”

— Allan Amritage

**GARDENING** continued from page 1

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**HISTORY CLASS**

**Thursday, April 11 – June 13**

7–8 p.m.

Cost: Members-$40 • Non-members-$50

This quarter, the history class will be studying Russia. The cost for the quarter is $40 for OHSC members and $60 for non-members. Instructor Debbie Wallin will teach the class all about Russian history. Space is limited, to sign up please stop by the center or call 360-279-4580.

**AARP SAFE DRIVE**

**Wednesday, May 1**

8:30 AM – 4:30 PM

Cost: AARP Member-$15

Non-AARP Member- $20

Paid directly to the instructor at time of class

**BASKET WEAVING CLASS**

**Thursday, April 18**

7–9 a.m. – 2 p.m.

Cost: Members-$55 • Non-members-$65

Expert basket weaver, Jane Hyde will guide you through making your very own Maine blueberry bucket basket in this one-day class. 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 360-279-4580. Class space is limited, so sign up today!

**DANCE LESSONS**

**Mondays from April 8 – May 6**

7–8 p.m.

Cost: Members-$50 • Non-members-$60

Get groovin’ with Charlie Moore during this five week dance class where he will instruct you through some basic dance steps just in time for our Summer Music Series! No partner required. For more information, call 360-279-4580 or stop by the center.

**ART PARTY:**

**LIFE IS A BEAUTIFUL RIDE**

**Wednesday, May 29**

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 “Life is a Beautiful Ride” canvas painting to take home with you!

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**CLASSES and EVENTS at Oak Harbor Senior Center**

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Whidbey Marathon Volunteers

The Oak Harbor Senior Center is coordinating a water station for the Whidbey Island Marathon and we need you! Come encourage, cheer on, motivate, and hand out water to runners with us! This is a great way to get involved and participate. The marathon is April 14 from 8 a.m. – noon. If you are interested in joining us in the fun and helping hand out water cups to runners please contact program coordinator, Carly Waymire at 360-279-4583 or cwaymire@oakharbor.org.

New! Tech Help

Mondays in April, Professor Jan McWilliams will be offering free 1-on-1 technology help! Bring your cellphone, laptop, tablet, or other device and get personalized assistance from a technology specialist. Appointments are required. To sign up, stop by the center or call 360-279-4580.

Volunteer Appreciation Week

The Oak Harbor Senior Center is so grateful for all volunteers that keep this us operating! We have over 30 active volunteers that put in more than 3,500 hours a year! Our volunteers manage our front desk, escort all our tours, help put on special events, and assistance with various projects. We are truly grateful for each one of them and couldn’t do it without their hard work and dedication! April 7 -13 is national volunteer appreciation week so be sure to thank our OHSC volunteers when you see them. Also, we don’t want to forget all the other volunteers in the community that make this world a better place! The Oak Harbor Senior Center thanks you for your time!

OHSC 1st Annual Pie Contest Winners

The best of Whidbey pie bakers came out strong for The Center’s First Annual Pie Contest which was a tasty success! There were 15 pies entered and many who participated as judges! We want to thank all the bakers for entering their delicious pies and those who tasted them. Be sure to mark your calendar next year and enter your best pie or come taste them all! We hope you had a wonderful day!

1ST PLACE
Ada Smith
Chocolate Orange

2ND PLACE
Cassandra Steen
Yam

3RD PLACE
Sylvia Edwards
Lemon Meringue

Want to learn 3 simple steps to quick and natural healing?

BACK PAIN & SCIATICA WORKSHOP
Saturday, April 20, 11AM
Rue & Primavera
785 Bayshore Drive, Ste 102
Oak Harbor
This is a FREE informational workshop
Call 360-279-8323 to register

High Tea
Saturday, May 11 • Noon • $15 Tickets

Tea includes a gracious selection of finger foods. Fancy hats are encouraged. Tickets must be pre-purchased by calling 360-279-4580 or stopping by the center.

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W.I.G.S.
(Whidbey Island Genealogical Searchers)
Tuesday, April 9, 1-3 p.m.
2720 Heller Road, Fire Station #25
Mary Kathryn Kozly will speak about DNA and Genealogy.
All are welcome to join us for this educational program.
For more information go to www.whidbeygenssearchers.org.

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Join us for LUNCH & LEARN

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

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

April 2 Have You Ever Wondered What Homeopathy Is?
Lynne Donnelly, a Freeland holistic health practitioner, will explain the basics of this system, based on the philosophy of “like cures like.” Those who practice homeopathy use tiny amounts of natural substances to encourage the body to respond and fight illness. Homeopathy is more complex than we can cover in an hour, but come learn some basics from Lynne, who uses it in her practice for acute conditions.

April 9 What We Learned from our Communities
In 2018, members of the Island Senior Resources Strategic Planning Committee met with 264 key informants across Island County to learn about the needs of seniors and adults living with disabilities. Cheryn Weiser will share what we learned and where it leads ISR and the community at large.

April 16 Internet for Dummies
Skye Dunn, Communications Manager, Island Senior Resources. How to search online, email vs. messaging vs. texting, how to make your web-browsing safer, and virus/malware protection, and time for questions.

April 23 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.

April 30 Senior Striders
Susie Barnett and Helen Shields, founders of Senior Striders, will talk about the benefits of movement and fresh air for seniors. You’ll learn about an opportunity to walk at your pace with women and men every Thursday morning at 9 from the Center in Bayview. Make a day of it - walk with Senior Striders then come to Lunch & Learn!

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 St at 7th St. Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0636, bignrockdesigns@whidbey.net.

Date Topic and Presenter

April 3 Bingo
Aging & Disability Resources will be available 11:30 a.m. to 12:30 p.m.

April 10 Does Recycling Work?
Bring a “mystery” trash item from home for Sarah Bergquist, WSU Extension Specialist to identify as recyclable, or not. Sarah will also explain why recycling is changing in the Northwest and whether your efforts make a difference!

April 17 Don’t Fall! POLST Explained
WhidbeyHealth EMS Lead Paramedic Robert May will explain in-home improvements that will help reduce the incidence of falls. Plus, he will explain how EMS uses that POLST form you should have at your bedside.

April 24 FRONT STREET MYSTERIES!
Mel Tossey, former Island County Museum Docent will reveal the history of Coupeville’s Front Street buildings in an interactive guessing game format.

Disclaimer: Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any vendor or speaker. 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.

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JAZZ MUSIC WORD SEARCH

AWARDS CHORDS PICKUP RUN
BACKBEAT DIATONIC QUALITY SCALE
BALLAD DOUBLE TIME RHYTHM SECTION
BAND FUSION RIFF SYNCHRONATION
BARS GROOVE ROOTS VOICE
BASS HARMONY BEBOP HORN
BLOW IMPROVISE BRIDGE LICK
BLUES INTERLUDE CHANGES MAINSTREAM
BOOGIE JAZZ RIFF MEASURE
BRIDGE LICK CHANGES MAINSTREAM
CHORD MEASURE

Whidbey Island Support Groups

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 Thursday, 2:30 – 4:30 p.m.
Trinity Lutheran Church,
18341 WA-525, Freeland Ave
In the older building, in Gnyvre 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

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.

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.

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
Thursday, April 25 11 a.m.
Friday, May 10 1 p.m.

ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260
Thursday, May 9 1 p.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): Fridays - Call 360-321-1600, ext 0, to schedule an appointment

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner’s Office.
### Island Senior Resources (Bayview) Activities

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

**www.senior-resources.org**

**DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.**

**Call Island Senior Resources for instructor contact numbers and information.**

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<th>MONDAY</th>
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<tbody>
<tr>
<td>10 Time Together*</td>
<td>8:45 Advanced Tai Chi</td>
<td>10 Quilters</td>
<td>8:30 Men’s Bridge</td>
<td>10 Time Together*</td>
<td>Ping Pong</td>
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<tr>
<td>11:45 Lunch Served</td>
<td>9 Foot Clinic – call (360) 341-3210 for appt</td>
<td>10 Time Together*</td>
<td>9:30 AARP Tax-Aide Call 360-678-3000 for appt</td>
<td>11:00 Farm Tour</td>
<td>Baccarat</td>
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<td>12:15 Reader’s Theater Rehearsal</td>
<td>10 Beginning Tai Chi</td>
<td>10 Intermediate Line Dancing</td>
<td>10:15 S.M.B.’s</td>
<td>11 SHBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
<td>11:30 Cribbage</td>
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<td>1 Mahjong</td>
<td>10 Time Together*</td>
<td>10 Lunch &amp; Learn</td>
<td>10:30 Tune-in, Tune-up Ukulele with Tala</td>
<td>10:30 Old Time Fiddlers (1st Friday)</td>
<td>12 Line Dance</td>
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<td>10 Time Together*</td>
<td>11:45 Birthday cake and Party (All are welcome)</td>
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<td>11:30 Lunch &amp; Learn</td>
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*Activities are held at St. Augustine’s-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland

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**OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580**

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**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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Head on over to the Skagit County Fair - $3 cash admission into the fairgrounds. The mystery has been solved - these lunch trips are a ton of fun! Travel Escort, Laurane, 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.

APRIL

ALDERWOOD MALL & WORLD MARKET
Tuesday, April 9
8 AM - 3:30 PM
Member: $35 • Non-Member: $45
Let's enjoy a spring shopping trip! There will be an optional trip to World Market, Stoelbros, and Target after lunch, or you can continue to shop Alderwood Mall. There are many options for a no host lunch.

SPRING GARAGE SALE
Saturday, April 13
8:30 AM - 3:30 PM
Member: $22 • Non-Member: $26
Head on over to the Skagit County Fairgrounds for their 27th annual Spring Garage Sale featuring over 50 vendors, great food, live music, and handcrafted items! Please note: cost does not include $3 cash admission into the fairgrounds.

ANGLER OF THE WINDS
Wednesday, April 17
8 AM - 5:30 PM
Member: $25 • Non-Member: $37
Let's try our luck this month at Angel of the Winds Casino where they offer great discounts on game play and a delicious lunch buffet.

CRACKED CRAB CRUISE
Thursday, April 18
9:30 AM - 2:30 PM
Member: $106 • Non-Member: $127
Take in beautiful views of Deception Pass and the Swinomish Channel while enjoying crusted Dungeness crab or chicken on this cruise out of La Conner. Cost includes transportation, narrated cruise, and lunch.

SEATTLE VISTAS
Wednesday, April 24
8 AM - 7:30 PM
Member: $50 • Non-Member: $60
Bring your cameras and enjoy a true sightseeing day in Seattle on this tour with stops at many of the beautiful Seattle overlooks and take a drive under downtown Seattle through the new Hwy 99 tunnel! We will stop at Blue Water Bistro on the shores of Lake Washington for a no host lunch.

MAY

7 CEDAR CASINO
Monday, May 6
7:30 AM - 6 PM
Member: $45 • Non-Member: $55
Take a ferry ride over to Sequim and enjoy a day at the 7 Cedar Casino with us! Let's hope for good luck and calm seas like last time.

SEATTLE SEAHAWKS SEATTLE SEAHAWKS
Tuesday, May 14
8 AM - 4 PM
Member: $50 • Non-Member: $72
Capture the CenturyLink Field like never before on this 1.5 hour walking tour where you will get the locker rooms, field, 12th man flag pole, the helmet wall, and suites.

SEATTLE KNIGHTS DINNER SHOW
Saturday, May 18
11:45 AM - 6:30 PM
Member: $80 • Non-Member: $95
Enjoy dinner from The restaurant at Rhodes River Ranch located in Arlington while experiencing the Seattle Knights Jousting Performance! Dressed in shining armor while riding horses, the knights combat each other as they battle for honor and glory while you enjoy a delectable pasta dinner salad (GF upon request). The price includes the show and dinner. Alcoholic beverages, desserts and gratuities are on your own. This will be a thrilling experience of skilled horsemanship and combat!

NORTHWEST TREK
Wednesday, May 22
7 AM - 9 PM
Member: $85 • Non-Member: $100
Northwest Trek is a 723 acre wildlife park located in Eatonville that hosts hundreds of animals including moose, bison, bear, elk, bighorn sheep, caribou, eagles, owls, bobcats, cougars, wolves, foxes, badgers, and even skunks! On the tour you will have the opportunity to take a tram ride through the park and view many of the animals. The park even features an onsite café, perfect for a mid-day no host lunch. We will also make a stop at the famous Black Diamond Bakery on the way down. Price includes transportation and park entrance fee.

THREE NURSERIES & LUNCH AT SEEDS
Thursday, May 23
9 AM - 5 PM
Member: $30 • Non-Member: $40
Seeking out new plants, herbs, and flower for your garden or deck pots is always fun! Our annual nursery trip will take us to Skagit Valley Gardens, which has a wonderful gift shop along with many plants and vegetables, a no-host lunch at Seeds Bistro and Bar in La Conner, then on to Christianson's and Azusa Nursery.

JUNE

WEST SIDE STORY
Saturday, June 1
9 AM - 6 PM
Member: $107 • Non-Member: $125
Revel in the transcendent majesty of storytelling at its finest. The 5th Avenue Theatre is calling on the full breadth and depth of its artistic resources to stage an unforgettable production of West Side Story. We will stop for a no host lunch prior to the show. Limited tickets available, sign up today to reserve your spot!

SNOQUALMIE CASINO
Tuesday, June 4
8:30 AM - 6 PM
Member: $49 • Non-Member: $59
It is time to take a trip towards the beautiful Snoqualmie Casino where they have a tasty lunch buffet, lots of slot machines, and great hospitality.

SEATTLE FOOD TOUR
Thursday, June 6
8 AM - 5:30 PM
Member: $105 • Non-Member: $125
Discover the history and culture of Seattle's Pike Place Market on the Savor 5-food tour. On this 2-hour walking tour we will sample some of the best Pike Place Market cuisine including Pike Place Chowder and Beecher's Cheese. After the tour, there will 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.

LEAVENWORTH GETAWAY
Monday, June 10 - Tuesday, June 11
8 AM (6/10) - 7 PM (6/11)
Per Person Rates:
Member: Dbl: $250 Sgl: $345
Non-Member: Dbl: $300 Sgl: $395
There are endless options on this get-away to the Bavarian-style town of Leavenworth including; quaint shops, German restaurants, nature walks around the river, wine tasting, live music, and so much more. Included in this tour is transportation, 1 night stay at Icicle Village Resort, and breakfast (6/11).

WICKED
Thursday, June 13
8:45 AM - 7 PM
Member: $135 • Non-Member: $160
The Paramount Theatre is that magical place. From the first electrifying note to the final breathtaking moment, Wicked—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story. It will send your spirits soaring to heights you’ll never forget. We will stop for a no host lunch prior to the 1:00 PM matinee show.

UNIVERSITY VILLAGE
Tuesday, June 18
8:30 AM - 5:30 PM
Member: $43 • Non-Member: $52
With over 120 stores and restaurants, University Village is a fun shopping experience! Visit Amazon Books, Ann Taylor, Crate & Barrel, Eddie Bauer, Pottery Barn and many more fun shops. There are also endless no host lunch options including: Elemental Wood Fired Pizza, Del Tai Fung, and Ram Restaurant and Brewery!

MILLION DOLLAR QUARTET
Saturday, June 29
10 AM - 5:30 PM
Member: $106 • Non-Member: $125
The blockbuster hit story of Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins returns to the Everett Village Theatre complete with the hit songs of the 1950s you know and love, plus a few new visual surprises. We will stop for a no host lunch prior to the show. Limited tickets available, sign up today to reserve your spot!
TRAVEL LOG

JULY

SKAGIT CASINO CAR SHOW
Sunday, July 14
9 AM - 3:30 PM
Member: $25 • Non-Member: $30
We are heading over to the Skagit Casino for their annual Cruise into the Skagit Car Show! The choice is yours, view the classic cars, test your luck in the casino or enjoy them both! Then, delight in a no host lunch at the Market Buffet, Encore Restaurant, or Express Cafe.

ORCAS ISLAND ADVENTURE
Tuesday, July 16
6:15 AM - 6 PM
Member: $73 • Non-Member: $86
We’re off this summer to wonderful Orcas Island! We’ll drive to the top of Mt. Constitution, the highest spot in the San Juan Islands, and take in the gorgeous views! Next, we will have a no host lunch at Cascade Bay Grill. Then, we’ll head to the Orcas Historical Museum where we will take a 1.5 hour tour of the museum along with a visit to the Crow Valley School. Museum cost includes transportation, ferry, and museum tour.

MARINERS GAME
Wednesday, August 7
11:45 AM - 8 PM
Member: $98 • Non-Member: $118
We are going back to cheer on the Mariners but this time it will be at their newly named, T-Mobile Park! Price includes transportation, cruise, wine, and heavy appetizers.

AUGUST

unWINED ON THE BAY
Thursday, August 15
4:45 PM - 9:30 PM
Member: $72 • Non-Member: $85
Take a 1.5 hour cruise around Chuckanut Bay while sipping on wine! Cost includes transportation, cruise, wine, and heavy appetizers.

ICELAND’S MAGICAL NORTHER 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!

EXTENDED TRAVEL

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

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

2019

TULALIP RESORT
April 9
SKagit VALLEY
May 14
QUIL CEDa CREEK
June 11
ANGEL OF THE WINDS
July 9
TULALIP RESORT
August 13
SNOQUALMIE
September 10
SWINOMISH
October 8
QUIL CEDa CREEK
November 12
TULALIP RESORT
December 10

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

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)
14095 SR 525 S, Langley
Wednesday, May 15, 10:30 a.m.

Oak Harbor Senior Center
515 Jerome St, Oak Harbor
Monday, May 20, 1 p.m.

People caring about people.
Highly skilled professionals providing physical, occupational, and speech therapies.
24 hour compassionate nursing care.
Dedicated to our community.
Family owned and operated since 1986.

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THE GREENING OF WHIDBEY

By Cheryl Weisz, Senior Director, Island Senior Resources

Whidbey residents are beginning to feel warm sunshine. It’s spring. We are enjoying days we don’t have to wear a heavy coat, contemplating blooming flowers in our gardens and along the streets in town, anxiously awaiting the opening of our local Farmer’s Markets, and enjoying opportunities to sit on a porch or patio and feel the lovely, fresh air and the longer light of spring. If there was ever a year to celebrate spring, this is it!

To entice you to get out and kick off the season, here is a list of our local Farmer’s Markets start dates:

Bayview – Saturday, April 27
Coupville – Saturday, April 6
Langley – Friday, May 3
Oak Harbor – Thursday, May 23
Tilth (near Bayview) – Sunday, April 28

Our many garden stores await your visit to gather flowers or seeds to plant, even if it is a pot on your porch. And, remember to get out to one of our local parks or vistas just to take in the wonders of this gorgeous island. Remember to bring a friend with you!

So, ask yourself, what are you going to do to celebrate spring? What are the special activities that you associate with spring? Take a few moments to contemplate your ‘bucket list’ for spring 2019.

Just remember not to overdo. I know my aging self will need a little more conditioning to be ready for all the outdoor activities. To that end, I was telling my grandson yesterday that I’m counting on him to help me take on winter clean-up and caring for my yard and environs and begin anew with my vegetable garden. Where are my tee shirts anyway?

Get Busy Living!

FROM THE COUCH: An Interview with Dorothy Bell

By Mel Watson

Words of wisdom for Dorothy: “Life is for living!” These are the words that I live by. Words of wisdom for Dorothy: “Life is for living!” These are the words that I live by. Words of wisdom for Dorothy: “Life is for living!” These are the words that I live by.

Later I got married, had children, then children were grown, and my brother in law said, “Why don’t you stay?” I knew it was the right thing for me to do. I first came to Oak Harbor, but I also lived in Texas, and I spent three and a half years in New York State at a beautiful retreat center but returned to Oak Harbor where I had a home.

Unbelievable things have happened in my life. I feel like I’m always being looked after. I say my guardian angel is looking after me. Even after my recent heart attack, I was so lucky. I needed help, and I found out about Medical Transportation and Time Together. I saw a brochure and called to ask what it was all about. Now, that’s where I go on Fridays. I love my Fridays at Time Together.

Life is for living; it’s like a big school. You must find out what’s available, and do something to help yourself and keep doing your best. I enjoy living alone, and I have done for years, but I don’t want to just sit at home and talk to the walls, and the TV doesn’t talk back. Time Together is like going back into my old world. I can share my stories and music! Music used to be a big part of my life, and now, it is again.

Later I visited my sister in America. My children were grown, and my brother in
AGING IN GRACE
HEALING CIRCLE
2nd and 4th Thursdays, 2-3:30 p.m.
 Held at Healing Circles
534 Camano Ave in Langley
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 DonovanN@ihrs.wa.gov

LEGAL CONVERSATIONS
Every other Friday from 2 – 3:30.
Call 360-321-1600 ext. 0 on appointment
By appointment only, Attorney Deborah Holbert will provide 20 – 30 minute sessions designed to respond to individual questions and concerns about specific legal matters - no charge/no commitment. You are strongly encouraged to define your goal in specific terms to maximize the benefit of your session. Brieﬂy state the purpose of your visit, such as:
• Planning of estates, wills, trusts
• Contract and business matters
• Health care directives and durable power of attorney
• Probate and non-probate successions
• Family law and other civil matters
Deborah does not handle Criminal law matters as a family care partner.

Dementia Care Workshop for Caregivers
Facilitated by Kathleen Landel
Thursday, April 18 & Thursday, May 16
1-3 p.m.
Island Senior Resources (Bayview)
10 a.m.-Noon
Thursdays, April 4, 18, May 2, 16
Facilitated by Kathleen Landel
for Caregivers
Dementia, Skills and Coping, The Long Journey to
Living Well
CHRONIC PAIN – LIVING WELL
MANAGEMENT WORKSHOP
Wednesdays, April 17 – May 22
1-3 p.m.
Coupeville Library
788 NW Alexander Street in Coupeville
Learn to manage medications better, make decisions for yourself, communicate more effectively, eat healthfully, add activity to your life, and more!

AARP TAX-AIDE
FREE TAX RETURN PREPARATION
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.

APRIL HIGHLIGHTS at Island Senior Resources

The series is progressive with the four sessions covering topics on: Facing Dementia, Skills and Coping, The Long Haul, Taking Stock – Taking Care of You, and Putting it All Together. $50 for the series. Register at www.thecaregivercoach.info or call 360-969-5471.

Dementia Care Family Support Series
Facilitated by Kathleen Landel
Thursdays, April 4, 18, May 2, 16
10 a.m.–Noon
Island Senior Resources (Bayview)
1294 SR 525
A four-class series with video, handouts, discussion, and hands-on skill training. The Care Partner Support Series – “Four Sessions to Change” will educate, support, and connect you with other family caregivers of someone living with dementia. The series uses the Positive Approach® to Care (PAC) curriculum developed by Teepa Snow and taught by a PAC Certified Trainer.

Deborah does not handle Criminal law matters - no charge/no commitment. You are strongly encouraged to define your goal in specific terms to maximize the benefit of your visit. Brieﬂy state the purpose of your visit, such as:
• Planning of estates, wills, trusts
• Contract and business matters
• Health care directives and durable power of attorney
• Probate and non-probate successions
• Family law and other civil matters

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.

Appointments for the Oak Harbor Center, call 360-279-4580.

Appointments for the Oak Harbor Library can be made in person at the library.

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Preferred Providers for most Insurance carriers including Kaiser, Tricare, VA Choice and L&I.

Voted Best of Whidbey 5 years in a row!

ABOUT THE FACILITATOR:
Kathleen Landel is a long-time Whidbey resident and Positive Approach® to Care Certified Trainer, Coach and national PAC Mentor. She has over a decade of experience as a family care partner.

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APRIL at SENIOR THRIFT

STORE HOURS
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
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$5 OFF COMBINATION PLATES WITH PURCHASE OF BEVERAGE ON MONDAYS FOR SENIORS AGED 60+
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froze and thawed and made getting around even trickier, I worried about the more vulnerable members of our community. What was happening to folks in the middle of the treatment? Were folks getting their Meals on Wheels (MOWs)? Was lunch being served at the meal sites? Could people who usually show up get there to eat?

Fortunately, Island Senior Services was able to respond effectively during this crisis. These examples show what Island Senior Resources does every day and how the organization managed to keep doing it!

**Medical Transportation:**
A 93-year old woman was house-bound at the end of an impassable drive-way and had already missed medical appointments. A friend found her a Good Samaritan with a truck and blade, and a volunteer driver was able to take her to her next appointment. However, during that week, ISR had to cancel 54 trips as several key drivers were unable to get out of their driveways and a number of clients were not accessible.

**Case Management:**
Case Manager, Kaycee Stewart called her clients to check in. "I don't feel so alone."

**Nutrition:**
Every October, Debbie Metz, Nutrition Director, and her team provide MOWS clients with five shelf-stable back-up meals in case of harsh weather. "We always balance the needs of our clients to have meals and the needs of our volunteer drivers to stay safe."

**Medical Transportation:**
During the week, one MOW volunteer driver who couldn't get out of her driveway enlisted help from a co-member at Lions Club with a heavy truck, who delivered the whole Coupeville route from Penn Cove to Greenbank Store. Metz goes on, "All across North Whidbey and South Whidbey people made safe choices and successfully delivered meals! We owe them a great deal of gratitude."

On Camano, Assistant Cook, Margaret McNeil Law prepared hot meals at the Camano Center, and Fire Fighters joined regular volunteers that delivered to all of Camano! In Coupeville, ISR cook, June Boulin, walked to Cambley Apartments and made a hot meal to feed seniors who live there and count on those meals.

When everything melted, leaving a new February record for length of cold, the "provider community" of Island Senior Resources staff and volunteers had pulled the "receiver community" of aging and disabled islanders safely through the crisis. Executive Director, Cheryl Weiser reflects, "Our team of volunteers and staff deserve tremendous kudos for the extraordinary effort to reach vulnerable seniors and adults living disabilities. And, what makes the difference is a robust interwoven system between ISR and emergency response resources to assure that we can get to truly isolated individuals in a time of need. On the basis of the recent snow, we will continue to advocate for a robust response system."

We're all in this together.