The Intrinsic Power of Hope

By Liz Lange
Administrator, City of Oak Harbor Senior Services

Recently a dear friend to many of us at the Center suffered a stroke. Through weeks of hard work with physical ther-
apy, doctors, time and determination he has slowly but surely started down his individual journey to recovery. The
progress he is making is nothing short of amazing. He was in good spirits when I visited him, as often others who visited
have reported. I am sure there are times of immense pain and struggle, but his positive attitude of positive
determination got me thinking about what it is that helps us endure and even overcome the large and often times
overwhelming challenges we face in life. One word came to mind: hope.

Hope is a feeling of expectation and desire for a certain thing to happen. In this case of one recovering from a stroke,
that hope may be an expectation and desire to be able to speak again, walk again, or maybe even just to hold a
pen and put it to paper forming legible words as we have done countless times before.

Psychologists say hope arises when we have a goal firmly in mind and we have a plan to get us there despite uncertain
or even dire circumstances. Psychologist and hope researcher, C.R. Snyder said hope implies that there is the poss-
bility of a better future. Snyder further defines hope as the perceived capability to derive pathways to desired goals, and
motivate oneself via agency thinking to use those pathways.

Hope is being able to find the doorway out when our current life situation has us feeling as if we are trapped in an unfor-
giving and overwhelmingly closed off room. With hope we can move beyond our fear of the unknown. If hope is a door-
way, then from hope other emotions such as courage, confidence and happi-
mess.

The Intrinsic Power of Hope continued on page 12

Greening as We Age

By Christina Baldwin
Board Member, Island Senior Resources

First, there’s gray hair, then wrinkles, things that sag,
and surprising health issues – we know the routine:

it’s called aging. Well, this spring, environmental
groups are introducing a new facet to aging: the
need to get greener!

It’s no secret we face environmental crises of huge
proportions. Here on Whidbey, north and south, we

share our common love of this piece of earth and

the desire to protect it! When I arrived here 25 years
ago, conversations about conservation and sustainability were already underway, and folks have been participating in various forums ever since.

From 2007 to 2014, the Sustainable Coalition united the island’s public officials and
other organizations around sustainability. The Navy Base was involved as a green
champion of navy bases. And in the past five years Whidbey Sun and Wind, one of
the founders of the Coalition, has placed 185 solar installations on the island. Puget
Sound Energy, particularly through the Community Outreach work of ISR board
member, Walt Blackford, last year awarded Senior Thrift a grant to have solar panels
installed on its roof.

“How what you do makes a difference, and you have to decide what kind of difference you want to make.”
– Jane Goodall, age 84

Greening as We Age continued on page 2

QUESTION OF THE MONTH: WHERE IS YOUR FAVORITE PLACE ON WHIDBEY ISLAND?

Betty DiOssi, 84
Oak Harbor
“China City Restaurant”

Bill, 69
Clinton
“Fort Casey”

Alice Pell, 70
Oak Harbor
“Fort Casey because lots of history, well kept grounds, good for walking, and great family spot.”

Ted Mihok, 73
Oak Harbor
“Deception Pass, the rangers and interpretive naturalists are outstanding.”

Irene, 74
Coupeville
“Double Bluff Beach”

Jack, 59
Coupeville
“At the Senior Center at Bayview”

Tim, 56
Langley
“Coupeville because of all the scenery”

Marlene Boone, 80
Oak Harbor
“City Beach and Deception Pass Park”
When I was a little girl, my mom always acknowledged ‘May Day,’ the first of May when she would gather early spring flowers from our yard and give little ‘nesties’ to each of our neighbors. It was always a time when neighbors felt thought of and noticed. This simple act of caring often ushered in a conversation about what was going on in each other’s lives. It brought us closer together as neighbors. It connected us and helped us all feel part of a community.

As we walk into this lovely time of year, give some thought to someone you care about, someone near or someone far, and how you might acknowledge or appreciate them. Take a few minutes to send a quick email or e-card, bring them a flower from your yard, or bake a sweet treat to pass along. It’s the little things that make a difference; all we need to do is find simple ways to reach out, and touch someone. With Mother’s Day and Memorial Day around the corner, those are special opportunities to take a moment to say, ‘I’m thinking of you.’ Everyone can use a little extra care.

I find that in our fast-paced society, I really need to stop myself and make space in my life for being sure that I’m improving the lives of others along the way. It’s been my experience that if I reach out, the reaching out comes back to me in many ways. Let’s see, who do I want to recognize with flowers from my garden May 1?

GREENING continued from page 1

Addressing environmental crises requires a combination of policy change, system change, and individual change. This year on South Whidbey, www.whidbeyearthday.org has community education events throughout April. Their kick-off focuses on the issue of carbon footprint with a climate action initiative called “Taming Big Foot” occurring from April 2-17, July 22, when registered teams of individuals, groups, and businesses are tracking their carbon footprint, getting feedback, and designing ways to improve their sustainability. The group is using this south-end initiative as a learning lab before expanding. This fall, the committee hopes to launch a similar program in the schools, and then a broader island-wide initiative in April 2020.

Often when looking at environmental issues the words “carbon footprint” appear. I asked Terra Anderson, committee leader, to explain. “Carbon dioxide is a natural gas that is part of Earth’s life cycle. The problem today is that our overuse of fossil fuels – coal, oil, natural gas – releases more carbon dioxide than Earth can handle. CO2 settles in the high atmosphere and traps heat causing a greenhouse gas effect which then causes climate degradation on a magnitude where we are in danger of the whole biological system collapsing. Carbon footprint is a way of measuring how much carbon emission is created by our daily activities.”

The American Journal of Public Health states, “Older people… care about climate change for… reasons related to their age. First, they are especially vulnerable to several of the health impacts of climate change, such as heat waves, diminished air quality, and the disruptions of extreme weather events. Second, as they age, people may take on political or social views that condition their attitudes toward climate change. Third, older people may feel a sense of legacy – a concern for the wellbeing of those who will come after them.”

One way to love both future generations and Whidbey now is to lessen our carbon footprint. Direct carbon use is any activity, like driving, that burns fossil fuels and emits CO2 into the atmosphere. Indirect use is determining how much carbon was released to support our choices. My car may be in the driveway, but online purchases create extensive carbon footprint through importing, shipping, and delivery.

Terra Anderson expressed it this way: “We have been conditioned to trade convenience for responsibility, and we haven’t been taught to think in terms of the carbon cost to our modern lifestyles. What if we Islanders can do is drive less, eat local, shop the rock, recycle, and refuse plastic.”

Drive less: Make a list and bundle errands – library, grocery store, friend’s house, beach walk, etc. Take a neighbor with you or take Island Transit!

Eat local: Island-grown and regional foods reduce carbon footprint, is fresher, and often healthier.

Shop Whidbey: Buy from local merchants instead of driving to the mainland or buying online. Even if the retailer has imported the item, you are not doubling or tripling the impact.

Recycle: Paper, cardboard, some plastics, and glass are locally recyclable. If you can’t take it yourself, ask for help from a dedicated neighbor who would be happy to carry it for you.

Refuse Plastic: Use cloth bags, reuse paper. Buy bulk and bring your own glass containers. Talk to grocers and retailers; tell them you refuse plastic packaging.

Elders know we can change behavior! We do it all the time as we adapt to our aging. Does it really matter if we turn green? Yes! Every small change done by numbers of us impacts the whole system. “It’s only one less baggie,” said one person. “It’s only one less baggie,” said seven billion people. We’re all in this together!

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.

• On Being Neighborly
• 30 Fast and Fresh Spring Dinners
• Making a Garden or Yard Senior Friendly
• Medical Alert Systems

How to Reach Island Senior Resources
For all departments and all staff 360-321-1600 or 360-678-3373
Nutrition/Menus on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
In Home Care
Case Management
Medical Transportation
Volunteer Services
SHIBA
Senior Thrift 360-331-5701
For more information, visit www.senior-resources.org

Our Locations
Island Senior Resources (Bayview)
14594 SR 525
Lakedale, WA 98249
Oak Harbor Senior Center
(806th Street at Oak Harbor Senior Center)
511 SE Jerome St
Oak Harbor, WA 98277
Camano Center
(606th Street at Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282
Senior Thrift
5118 Woodland Ave
Freeland, WA 98249
For more information call:
(360) 321-1600 or (360) 678-3373

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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.

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.
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 DonovanVM@dshs.wa.gov

LEGAL CONVERSATIONS
Every other Friday from 2 – 3:30.
Call 360-321-1600 ext. 0 or 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, manage emotions, set goals and problem solve, communicate your needs, reduce stress.

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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, manage emotions, set goals and problem solve, communicate your needs, reduce stress.

Deborah does not handle Criminal law so will be unable to assist in those matters.

POWERFUL TOOLS FOR CAREGIVERS
Tuesdays, May 14 – June 18
FREE
Island Senior resources (Bayview)
14594 SR 22S
Pre-registration required – 360-321-1600, DonovanVM@dshs.wa.gov
Are you caring for a loved one? Don’t miss this opportunity to develop a wealth of self-care tools!
This class is designed to help family caregivers take care of themselves. You have to “take care to give care.”
Learn to:
• Reduce stress
• Prioritize self-care
• Communicate your needs
• Deal with challenging situations
• Make tough decisions
• Set goals and problem solve
• Manage emotions
• Increase confidence
Caregiver Handbook may be borrowed for the class or purchased for $20.

COMING IN JUNE
All the details on this year’s Senior Farmers Markets Voucher Program will be published in the June issue of Island Times. We’ll print the distribution locations, times, and eligibility guidelines.
From Isolation to Community through Time Together Scholarship

By Mel Watson
Director Time Together Adult Day Services

Two years ago, Mary gave up driving because she was worried about having an accident and couldn’t keep up with the increasing cost of car maintenance. She and her beloved dog Henry didn’t get out much after that because they lived off the bus route, only seeing people when the ISR volunteer Medical Drivers came to take her to doctor’s appointments or to get groceries. Most of Mary’s friends have passed away which has left her dangerously isolated.

After reaching out to ISR, Mary was able to reconnect with community again by attending Time Together through our Scholarship Program. This Program receives kind donations from individuals or groups and gives access to Time Together for those who would otherwise be unable to attend. With the rise of isolated seniors living independently in our community, ISR has seen a 400% increase in scholarship requests for Time Together in the past year.

Mary couldn’t access the program any other way. She was not being cared for by a family member or friend which meant she didn’t qualify for many programs, and she couldn’t afford the lowest sliding scale fee for those with low incomes. Mary was already having to make difficult decisions regarding food versus medication.

After attending the program, she said that “being with everyone is the best experience and most rewarding path to feeling herself again.”

If you would like to help give the gift of socialization to those who are most isolated in our community, please send a donation of any amount to Island Senior Resources, Time Together Scholarship Fund, P.O. Box 939, Freeland, WA 98249. You can also donate online; make sure to make a note that the donation is for the Time Together Scholarship Fund. Thank you!

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Island Senior Resources, (360) 321-1600, (360) 678-3373 • www.senior-resources.org
OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

**MONDAY**
9 Quilting
9 Billiards
9:30 Enhance Fitness
11:30 Duplicate Bridge
11:30 LUNCH
12 Bunco
12:30 Ping Pong
1 Art with Ivy
2:30 Parkonics Singing Group (1st & 3rd Monday)
3 Clogging
5 Tai Chi

**TUESDAY**
8:30 Yoga
9 Billiards
9 Lapidary
9:30 Enhance Fitness
11:30 Duplicate Bridge
11:30 LUNCH
12:30 Party Bridge
12:30 Ping Pong
1 Paper Crafts (2nd & 4th Wednesday)
2 Caregiver Support (4th Wednesday)
4 Pickle Ball

**WEDNESDAY**
9:30 Enhance Fitness
11:30 Duplicate Bridge
11:30 LUNCH
12:30 Party Bridge
12:30 Ping Pong
1 Paper Crafts (2nd & 4th Wednesday)
2 Caregiver Support (4th Wednesday)
4 Pickle Ball

**THURSDAY**
8:30 Yoga
9 Billiards
9 Lapidary
9:30 Enhance Fitness
10 Creative Writing
11 Mah Jongg
12:30 Bridge
12:30 Line Dance
1 Reiki Treatments
1 History Class
2 Caregiver Support (2nd Thursday)
2:30 S.A.L.L.
7 Country Dance (2nd Friday)

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

**SATURDAY**
Ping Pong
Billiards
Pinochle
10am-1pm: Pickleball
12-1pm: Beginner Pickleball

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373
www.senior-resources.org

**MONDAY**
10 Time Together*
11:45 Lunch Served
12:15 Reader’s Theater Rehearsal
1 Mahjong

**TUESDAY**
8:45 Advanced Tai Chi
9 Foot Clinic – call (360) 341-3210 for app’t
10 Beginning Tai Chi
10 Time Together*
10:30 Tune-In, Tune-Up
11:45 Lunch Served
12:30 Lunch & Learn
2:30 Parkinson’s Singers*

**WEDNESDAY**
10 Quilters
10 Time Together*
10 Intermediate Line Dancing
11:45 Lunch Served
May 29
11:45 Birthday cake and Party (all are welcome)

**THURSDAY**
8:30 Bridge
9 Senior Snider
6 Twilight Bridge

**FRIDAY**
10 Time Together*
11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment
10:45 Fun Band Dancing
11:45 Lunch Served
May 3, 17, 31
2 Legal consults (call for appointment)

**SATURDAY**
11 Israel’s Circle Dance

*Activities are held at St. Augustine’s-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland

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

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TRAVEL LOG

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

MYSTERY LUNCHES
Thursday, May 16
Wednesday, June 19
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30
Price includes transportation only
The mystery has been solved: these lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undiscovered 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.

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.

7 CEDAR CASINO
Tuesday, May 7
8 AM - 8 PM
Member: $25 • Non-Member: $35
You will get a chance to see the locker rooms, and suites. Where you will get to see the locker rooms, and suites. Before on this 1.5 hour walking tour and see the locker rooms, 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 battle 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 skillful 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, bears, elk, bighorn sheep, caribou, eagles, owls, bobcats, coyotes, 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 on-site 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.

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 mountains to 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-star 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 Sng: $345
Non-Member: Dbl: $300 Sng: $395
There are endless options on this getaway 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 PM matinee show.

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Schedule a hearing evaluation to discover your individual hearing solution.

Dr. Kristine Jarrell, Board-Certified Audiologist
20 N.W. Birch St, Coupville • 360-678-1423
coupevillehearing.com
TRAVEL LOG

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 and shopping experience. Visit Amazon Books, Ann Taylor, Crate & Barrel, Eddie Bauer, Pottery Barn and many more shops. There are also endless no host lunch options including: Elemental Wood Fired Pizza, Din 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 Theater 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!

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! We’ll also take a 1.5 hour tour of the Orcas Historical Museum where we will see 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.

AUGUST

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, Terrance Club ticket, and buffet lunch.

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.

EXTENDED TRAVEL

ICELAND’S MAGICAL NORTHERN LIGHTS
November 1-7, 2019
Double: $3,849 Single: $4,349
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!

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.

CAMAY 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 - MAY

$5 Suggested donation for meals

WEEK 1

Week 1

Wed 1 Meatloaf
Thur 2 Chef’s Choice
Fri 3 Beef & Broccoli Stir Fry

WEEK 2

Mon 6 Crispy Oven Baked Chicken
Thur 7 Salad Bar
Mon 8 Chef’s Salad
Thu 9 Chef’s Choice
Fri 10 Sloppy Joes

WEEK 3

Mon 13 Chicken Alfredo & Pasta
Tues 14 Supreme Pizza
Wed 15 Pub Battered Fish & Chips
Thurs 16 Chef’s Choice
Fri 17 Swedish meatballs

WEEK 4

Mon 20 Pork Loin w/Chutney
Tues 21 Salad Bar
Wed 22 Frito Pie w/Grind Beef
Thurs 23 Chef’s Choice
Fri 24 Spinach Lasagna

WEEK 5

Mon 27 HOLIDAY- MEAL SITES CLOSED
Tues 28 Best Rueben Sandwich
Wed 29 Chicken Ranch Wrap
Thurs 30 Chef’s Choice
Fri 31 Chicken Puttenesca

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Join us for LUNCH & LEARN

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

AT THE COUPEVILLE HUB - WEDNESDAYS, 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.

**May 1** Bingo

Agri & Disability Resources will be available 11:30 a.m. to 1:30 p.m.

**May 8** Driving Refreshers

Maddie Rose, AARP Regional Coordinator, and Judi Kipling, AARP State Coordinator. Can’t remember the correct merging technique? New roundabouts have you confused? Want your driving questions answered without having to take a test? Judi and Maddie will explain how you can continue to be a safe and independent driver longer. Take home materials available.

**May 15** Yoga & The Aging Body

Dianna Piazzon of Dianna’s Vinyasa Yoga will share her transition from teaching in public schools to teaching yoga, and the benefits yoga has for everyone.

**May 22** LOVE SONGS

Sing-a-long and original music with Heidi. Weather forced cancellation of her February concert. Come enjoy this beautiful talent!

**May 29** Hiking Close to Home

Island Transit Mobility Specialist, Maribeth Crandell. Now that spring has returned, Maribeth will share how everyone can enjoy the beauty of Whidbey from bus-accessible trails even with walkers, canes, and pets!

**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!

**May 7** You’ve probably heard of Goosefoot, but do you know what they do?

Goosefoot will soon celebrate their 20th anniversary of helping to preserve the quality of life we love on South Whidbey. Maybe you’ve attended one of their free business workshops, enjoyed a summer street dance, or served on the board of an organization who received grant funding from Goosefoot. Here’s your chance to learn more! Hint: They own The Goose Grocery, which channels profits back into the community! Is not there for May 7 and should be the last sentence.

**May 14** Reverse Mortgage

Learn how one million plus U.S. homeowners 62 and older are enjoying the retirement they deserve by eliminating their monthly mortgage payments and creating cash flow for retirement. Ruth Gillis, reverse mortgage professional, will provide an overview of how to remain in your home without monthly payments!

**May 21** What is Green Burial?

Lucinda Herring is a certified home funeral consultant, a green burial guide, and licensed by the State of Washington as a funeral director. She will present information for anyone seeking to exercise their innate and legal right to care for their own dead, create home funeral vigils, and choose greener after-death care options that are less toxic and more sustainable for the earth. Lucinda is the author of Remaking Death: Stories and Practical Wisdom for Home Funerals and Green Burials.

**May 28** Veterans Benefits, VA Healthcare & Veterans Transportation Program

Whidbey Veterans Resource Center members will present information to help veterans access benefits and healthcare services both at the VA and with local providers. The WVRC hosts a van to the VA weekly, with help veterans access benefits and healthcare services both at the VA and Whidbey Veterans Resource Center members will present information to help veterans access benefits and healthcare services both at the VA and with local providers. The WVRC hosts a van to the VA weekly, with assistance while at the VA. A professional counselor and veteran is available at no cost, by appointment at the WVRC at the South Whidbey Community Center in Langley. Learn more about Veterans benefits, for yourself or a friend!

**Disclaimer:** Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.

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**Garden tool:** 18 24 1 22 8 16

**Dirt:** 2 1 17 16

**Prepare land:** 5 13 16 18 17 20 21 18 8

**Getting bigger:** 14 24 1 22 17 15 14

**Curling water:** 20 2 10 1 8

**Rear of the boat:** 8 19 1 16 21

**Moving near stern:** 2 22 19

**One in charge:** 26 2 15 19 2 9 21

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**Answers:**

- Garden tool: trowel
- Dirt: soil
- Prepare land: cultivate
- Getting bigger: growing
- Curling water: waves
- Rear of the boat: stern
- Moving near stern: aft
- One in charge: captain
NORTHERN END

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

Oak Harbor Caregiver Support Group 1
2nd Thursday, 2 – 3:30 p.m.
Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor
Contact: Carolyn Hansen, 360-279-1875

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, 360-279-1875

Parkinson’s Support Group
1st Friday, 1 – 3 p.m.
The Modular Building at Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor
Contact: Eula Palmer, 360-675-9894

Parkinsonics Singing Group 1
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
Facilitator: Mel Watson, 360-321-1623

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.

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. No pre-registration required. For more information call 360-321-1600 ext 0.

Island Senior Resources (Bayview)
14594 SR 525, Langley
Wednesday, May 15, 10:30 a.m.

Oak Harbor Senior Center
91 SE Jerome St, Oak Harbor
Monday, May 20, 1 p.m.
Thursday, July 18, 11 a.m.

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 older building, in Grigware 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

Early Stages Dementia Support Group
4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner’s Office.

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Whidbey Home Care, Freeland
360-331-7441

Serving North Whidbey Island & Anacortes
ResCare Home Care, Oak Harbor
360-240-0044

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
Friday, May 10 1 p.m.
Wednesday, June 19 10 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).

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.
Member Spotlight: Sylvia Edwards

By Carly Waymire, Program Coordinator, Oak Harbor Senior Center

Sylvia Edwards is from the small town of Vandalia, Missouri, with a population of only 3,200. She was sent to Whidbey Island for a safety course while in the military and her first thoughts were, “I love this place” after being impressed with all the blackberries on the Island. A few years later, Sylvia was stationed on Whidbey Island as a career counselor for the Navy and has been here ever since. Sylvia is an active member of the Oak Harbor Senior Center and regularly participates in the Monday afternoon art class. She enjoys art very much and is an excellent oil, water-paint, and acrylic painter. Additionally, she finds pleasure in reading, writing, gardening, and photography. Recently, Sylvia entered her lemon meringue pie into the Center’s 1st Annual Pie Contest and won 3rd place! (Editor’s note: “It was delicious!”) Additionally, Sylvia and her daughter have participated in the Centers Community Garage Sale, offering a variety of plant starts for the garden. She is a great component of the Center and brings us a lot of talent, inspiration, and positivity. One of the most important life lessons to Sylvia is, “Try. You never know unless you try! Don’t listen to nay-sayers.” We have seen this with Sylvia as she has tried new mediums in art class and is willing to endeavor new experiences such as doing this interview with us! She also advises the younger generation to not be led by the “no’s” but instead try and make experiences. Additionally, she encourages others to not judge by appearance, race, religion, or political party but instead meet others and accept them for who they are. Sylvia also hopes to leave impress people to be environmentally friendly and show them user-friendly art. Her final notes are, “Let your life shine! Know who is the light in your life, God for me. Be positive! Speak truth!”

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

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Oak Harbor Senior Center, 360-279-4580

Whidbey Memorial Funeral Home
Serving all Whidbey Island and beyond
746 NE Midway Blvd • Oak Harbor
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INFO@WHIDBEYMEMORIAL.COM
WWW.WHIDBEYMEMORIAL.COM

“The grace, kindness, support and ability of the staff at Whidbey Memorial to assist us in navigating the myriad of decisions needing to be made helped us tremendously in ensuring Mom was properly honored. The funeral was exceptionally executed. We received many positive comments from those who attended.”

The Family of Susan M. Foster

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The Family of Susan M. Foster

W.I.G.S. (Whidbey Island Genealogical Searchers)
Tuesday, May 14, 1–3 p.m., 2720 Heller Road, Fire Station #25
Speaker - Janet Gauss from the Washington State Archives will speak about “Preservation of Documents and Photos.”

All are welcome to join us for this educational program.
For more information go to www.whidbeygensearchers.org

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CLASSES and EVENTS at Oak Harbor Senior Center

BASKET WEAVING CLASS – “MARKET BASKET”
Thursday, June 20 • 9 a.m. – 2 p.m.
Cost: Members-$75 • Non-members-$85
Expert basket weaver, Jane Hyde will guide you through making your very own “market” basket in this one-day class on Thursday, June 20 from 9 a.m. to 2 pm. You will receive all the supplies, tools, and instructions to weave your own market basket, perfect for taking to the local farmers markets! The cost of the class is $75 for OHSC Members and $85 for non-members. To sign up stop by the Center or call us at 360-279-4580. Class space is limited so sign up today!

HISTORY CLASS
Thursdays • 1 – 3 p.m.
Cost: Members-$40 • Non-members-$60
It’s not too late to join, this quarter the history class will be studying Russia on Thursdays from 1 – 3 p.m. 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.

MAKE & TAKE: CHALK ART
Wednesday, June 5 • 1 p.m.
Cost: Member-$25 • Non-member-$35
In this creative class you will spend an hour designing your very own chalk board which is yours to keep at the end of the day. Guided instructions and stencils are included and no experience or artist ability necessary. These chalk boards make for great décor, gifts, and fun!

NEW! AMERICAN GOVERNMENT CLASS
Tuesdays beginning June 18
6 – 8 p.m.
Cost: Member-$40 • Non-member-$60
Learn about the institutions and processes of politics in America and how to access political information in this 10 week course.

HURRICANE KATRINA PRESENTATION
Wednesday, June 19 • 1 p.m.
Free and open to anyone
A Whidbey Island local, Ron Martin, will share about his experience down south cleaning up after devastating hurricanes. He will show you pictures most people have never seen before and tell you about personal stories that were affected by the tragic hurricanes. Join him for this eye-opening experience and see what has been done to restore the cities affected. Additionally, he will share some amazing photographs of our local beaches and underneath the sea.

DO-NUT MISS NATIONAL DONUT DAY AT THE CENTER

Old Time Fiddler Day Time Performance
May 16, the Old Time Fiddlers are having a daytime performance at the Center from 11 a.m. to noon. It is free and open to the public. Come listen along as the talented musicians serenade us with a variety of songs. The Old Time Fiddlers meet regularly the first Friday of the month at 6:30 p.m.

Spring into Mah Jongg
Join us in learning how to play Mah Jongg or refresh your skills Thursdays at 11 a.m. starting May 9.
Mah Jongg enthusiasts will teach you:
• The history of the game
• The different tiles
• Wright – Patterson rules
• Mah Jongg hands
• Scoring
If you are already an experienced player, we would love for you to help us teach beginner players and grow our group. Have any questions regarding the Mah Jongg group? Call program coordinator, Carly Waymire at 360-279-4583 or email cwaymire@oakharbor.org.

Get your $1 raffle tickets for this years Oak Harbor Senior Bees quilt. The drawing will be held on the last day of the Quilt Show, Sunday, Sept. 22. Limited tickets will be sold, be sure to get yours today by calling the center at 360-279-4580 or stopping by. All proceeds go to the Oak Harbor Senior Center.

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HOPE continued from page 1

ness emerge. They are the foundation of the coping mechanism that helps us survive during difficult trials.

The positive physiological effects of hope are well-documented, most eloquently in Jerome Groopman’s “The Anatomy of Hope,” where he writes: “Researchers are learning that a change in mind-set has the power to alter neurochemistry.

‘Belief and expectation – the key elements of hope – can block pain by releasing the brain’s endorphins and enkephalins, mimicking the effects of morphine. In some cases, hope can also have important effects on fundamental physiological processes like respiration, circulation and motor function.’

That is truly amazing! It is sound evidence to our often shared adage for friends and family facing difficulty to “try and stay positive”.

If hope arises from setting a goal, and you are looking to increase your feeling of hope, may I suggest setting a goal for yourself.

A goal is a purpose, motive, or reason for the use of time or for the justification of an activity. The simplest way to foster hope is to examine the goals that emerge. They are the foundation of the coping mechanism that helps us survive during difficult trials.

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A goal is a purpose, motive, or reason for the use of time or for the justification of an activity. The simplest way to foster hope is to examine the goals that emerge from our desires and ambitions. The more these goals are:

• concrete (rather than vague),
• achievable (rather than lofty),
• challenging (rather than easy), and
• appealing (rather than dreary),
• the more we are likely to believe that acting on them will make a difference in our lives.

The imagery from Author Emily Dickinson is sublime in her description of hope: “Hope is the thing with feathers That perches in the soul And sings the tune without the words And never stops at all.” – Emily Dickinson

May you take the time to look for the slight feathers of hope perched in your soul and find ways to increase the volume of its tune each day, that you can hear the beautiful sound of the ever enduring peace that hope brings.