Celebrating Independence

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

Since 1776 people have been celebrating Independence Day on July 4th commemorating the Declaration of Independence of the United States. Many times, this day is associated with parades, fireworks, barbecues, carnivals, fairs, picnics, and ceremonies. My tradition growing up was to visit my aunt’s house where we had a family barbecue, played outside, and then as the sun started going down lit off fireworks. Interestingly, one of my cousins worked as a professional fireworks lighter so he never failed to put on a good show. This year as the Fourth of July approached, I started thinking a lot about independence and not only what it means to our country but more specifically what it means to those I work with. As I have worked closely with older adults for the past four years I have realized that successful aging tends to be associated with a person’s functional independence. Independence is something we spend years gaining and then as we age it seems to slowly, or in some circumstances rapidly get lost. This got me wondering what is key to having and keeping your independence as you age. The first key to independence I thought about was mobility. Being able to walk, reach, stand up, and drive are significant in independence as they give you the ability to participate in activities and doing daily tasks. To keep mobility, you must stay active! A common phrase is, “if you don’t use it, you lose it” and this is very true when applied to muscle strength, balance, and endurance. It is necessary to keep moving, so I would recommend finding an activity you enjoy such as; walking, golf, garden, swim, pickleball, yoga, billiards, or anything to keep you moving! The next thing that came to my mind was socializing. Participating in events outside the home and with others is key in keeping your independence. This is especially true around aging. Personally, I plan to stay healthy and active throughout my seventies and beyond. I do things to support this plan: maintain a healthy lifestyle, volunteer, and engage in my community. I’m in the middle of a long-term writing project that gives me a sense of purpose and satisfaction. However, I also know that if I fall off my bicycle, have an auto accident, get sick, develop dementia, if my retirement funds crash or social services disappear just as I need them, I will have to redefine what is sustainable for me in changing circumstances. I also know a vital piece in my evolving plan means involving others who share my vision and it’s reassuring to know we are in this together.

Getting from Here to There

By Christina Baldwin, Board Member, Island Senior Resources

There are many quotes, and much advice people give each other about the need for planning. “To get where you’re headed, you have to know where you are going” is a phrase remembered from my childhood. This planning advice is often also met with comments on the foibles of planning. “Life is what happens while you are making other plans.” Both statements are valid. As individuals and organizations, we have to understand this paradox: to be resilient requires both making a thoughtful plan and having the capacity to react effectively and revise the plan.

This is especially true around aging. Personally, I plan to stay healthy and active throughout my seventies and beyond. I do things to support this plan: maintain a healthy lifestyle, volunteer, and engage in my community. I’m in the middle of a long-term writing project that gives me a sense of purpose and satisfaction. However, I also know that if I fall off my bicycle, have an auto accident, get sick, develop dementia, if my retirement funds crash or social services disappear just as I need them, I will have to redefine what is sustainable for me in changing circumstances. I also know a vital piece in my evolving plan means involving others who share my vision and it’s reassuring to know we are in this together.

What’s true for me is true for our community. Our resilience relies on having a shared vision and the understanding that we are all in this together. That is the driving belief behind the Island Senior Resources’ strategic plan for the next three years. To get there we spent nine months listening to the people and the communities we serve, to learn what is needed and where the gaps currently are in services for seniors, adults with disabilities, and those who care for them. Throughout Whidbey and Camano, we interviewed 186 community members and groups, listened to 45 health care community events and your source for

What’s Happening on Whidbey Island

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~ Amber Hurdle

QUESTION OF THE MONTH: WHAT IS YOUR FAVORITE PLACE YOU HAVE EVER VISITED IN THE U.S. AND WHY?

Teri Hoskens, 63
Oak Harbor

“Devils Tower in Wyoming on a road trip with my grandkids. It was a good time with the grandkids.”

Brenda
Whidbey Island

“Mt. Rushmore – Pictures just don’t do it justice. The enormity and grandeur are practically indescribable.”

Alice Jean, 76
Oak Harbor

“Yellowstone Park, we just really enjoyed it”

Ellen, 60
Oak Harbor

“Ross Lake – it’s beautiful.”

Les, 65
Oak Harbor

“New York City – I visited with my mother right after high school graduation. We saw the Statue of Liberty, the Rockettes, and stayed at the Rockefeller Hotel.”

Kay Blake, 79
Oak Harbor

“Nisqually River, we were camping. It’s my favorite because family was with me, food was good, and its outdoors.”

Nancy, over 18
Whidbey Island

“Mendocino, Calif. – It’s a small coastal town in California that I would visit many times a month to watch whales, take art classes and eat out. It was beautiful, quiet, and friendly. I still miss it!”

Cliff, 83
Oak Harbor

“Albuquerque, New Mexico, they have beautiful Sandia Mountains and the University of New Mexico.”

PLANNING continued on page 3

CELEBRATING continued on page 12
FROM THE EXECUTIVE DIRECTOR

By Cheryl Weiser, Executive Director, Island Senior Resources

How do you plan your life path? Is it more spur of the moment or do you take the long view? Are you highly organized or want more freedom to take advantage of the moment? Planning requires one to make assumptions, even if you imagine different scenarios about the way forward. I’m finding that forming assumptions can be difficult at this point. How healthy will I be? How will my physical or mental abilities affect my capacity to remain in my home? Will I need help? What am I able to do now versus what will I be able to do in the future? One of the outcomes that ISR wants to support in our community is to promote a positive, proactive community around aging and disabilities. To accomplish that community outcome, we are making extra efforts to get into the community with our aging and disabilities. To accomplish that community outcome, I’m finding that the planning that comes with aging.

I feel blessed to be close enough to the wonderful staff and volunteers at ADR to know what amazing resources rest within this organization. I had the opportunity to test some of those resources when my husband became ill several years ago. So, whatever your planning style is, get to know us, sooner than later!

Ten years and counting! From the couch, with Leilani and Christina

By Melanie Lowey, Program Coordinator/Support & Mel Watson, Director, Time Together Adult Day Services

Shortly after moving here in 2005, Leilani’s daughter convinced her that she needed to volunteer for the Time Together Adult Day Program. Leilani remembers asking, “What for? What am I going to do there?” After some convincing, she gave volunteering a try, and she has been here ever since. Leilani adds, “It gives me a reason to get up and get dressed, and just do something other than running errands! I am more positive and active, and I feel good inside when I go home after helping others.”

Around the same time that Leilani began volunteering, Christina walked into the Senior Center after being retired for about a year, and said to the Director of Time Together, “I just want to do something!” Christina shared that she had wanted to be a nurse when she was younger, but she just couldn’t deal with the suffering. Being at Time Together and helping people serves the same purpose for her. Says Christina, “All the participants are such wonderful people; it nurtures me to be around them.”

These two amazing women have now been part of the Time Together family for over ten years! Christina and Leilani both declared, “We have so much fun here every day, there’s so much laughter, while at the same time we are helping people. Volunteering here nurtures us, being a part of all the comradery and laughter! And we learn so much about history through the participants’ experiences – it’s just so interesting!”

Participants blossom while in the program and carry the effects back home with them. Statistics show that people who attend day programs have a reduction in depression, have improved sleeping habits and are able to remain more independent, which for many, means a delay in placement into full-time care. Every day is filled with smiles. Participants have meaningful friendships with one another and learn new things too, thus enriching their lives.

Volunteers at Time Together take part in fun, interactive, quarterly training that focuses on a positive approach to being with people with cognitive challenges. Leilani shares, “I helped me to learn how to cope and take care of my mom when she passed. It helped me to deal with the loss of my husband when he passed. It taught me a lot of patience, and I feel good when I leave; I feel that it was a good day.”

For anyone thinking of volunteering anywhere, Christina says “I would strongly recommend they just come and spend a couple of hours here because it’s so much fun – it is not like a job or a duty. You don’t have to be especially outgoing – I’m not! Leilani added, “Maybe some people feel intimidated. It’s joyful to be here; we have such a good time - you just need to care about people.”

Leilani, Christina and all the volunteers and staff of Time Together agree that Carol Burnett was right when she sang, “I’m so glad we had this Time Together...” Come join us to have a laugh and sing a song!
People of all ages are engaged in their community to reduce isolation. Executive Director, Cheryn Weiser shared this: “One of the exciting insights that emerged from this process is understanding how the planning process has emerged as a unifying force throughout Island County. The desire for collaboration arose from all corners. We are at a unique point in time where the opportunity to build momentum toward positive change is being acted upon across the county. We all understand our path is dynamic, that our plans must remain responsive in order to find the path that delivers the best results. Stay tuned to Island Times. We will be reporting on the plan in action as improvements are underway to meet the needs of our communities.”

As a board member, I am grateful to have this point of reference while we balance between preparation and surprise. And when I think back to all that contradictory advice about planning or not planning, I remember we’re all in this together, and since “we ain’t getting any younger” we might as well plan for getting older in ways that work for all.

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, click “About Us” and select “Links to Inform and Inspire.”

- A Mini-Bucket List Makes Everyday Life More Fulfilling
- Set a Goal of Happiness for Your Longer Life
- Climbing Higher on the Happiness Curve
- the Desiderata – Words For Life from 1927

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TIME TOGETHER SCHOLARSHIP PROGRAM

Donations made to the Time Together Scholarship Program provides access to the program for isolated seniors who would otherwise not be able to attend the program for financial reasons. 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!

PHONE SCAM

Be aware of a growing phone scam. The caller poses as representing social security saying that your Social Security number has been “suspended” due to suspicious activity. They ask you to call a number to clear your card. If you call they ask you for all your personal information.

If you receive a call like this, hang up and do not respond. Your Social Security number will never be suspended. Ever. Never give out or confirm your personal information over the phone, via email or on a website.

Here is a link with a thorough explanation of this scam. Please read it!

MEAL-A-MONTH

Sometimes small amounts of giving make the biggest change in someone’s life. Help feed a local senior for only $8 a month. You can make a difference for your community. Say Yes! I want to help! Go to: https://senior-resources.org/meal-a-month/ to sign up to donate one, two, three meals a month, or more! Or call us at 360-321-1600 or 360-678-3373 to arrange your monthly donation.

VOLUNTEER OPPORTUNITIES

Drive seniors on short essential errands to the grocery, pharmacy, or post office. Island-wide volunteers needed.

Medical Transportation Drivers needed

• Specific interest in drivers able to drive off-island.
• Priority ferry boarding. Mileage reimbursed.
• Must be 25 years old or older and able to carry groceries, and manage stairs.
Call Pat Weekley 360-321-1600 or 360-678-3373

Complete the form below to sign up to receive the Island Senior Resources Newsletter!
www.islandseniorresources.org
giveback@islandseniorresources.org
747 Lighthouse Pl Suite 2
Freeland, WA 98249
(360) 321-1600
(360) 678-3373
www.senior-resources.org

A NEW FACE!

We now have two Facebook pages to help keep you informed about all that is happening at Island Senior Resources and at Senior Thrift. Check out both pages and follow us!
Facebook.com/islandseniors
(for all the happening at Island Senior Resources)
Facebook.com/seniorthrift
(for all the sales news and events at Senior Thrift)

We are also on Instagram: @islandseniors • Check it out!

DON’T MISS IT! NEW WHIDBEY ISLAND GUIDE/MAP TO THRIFT STORES

A Map and guide to Whidbey Island Thrift Stores will be available July 1 on the Clinton/Mukilteo and Coupeville/Port Townsend ferries as well as at Whidbey Island Chambers of Commerce, at NAS Whidbey, at most thrift stores on Whidbey Island, and at some restaurants. Spend a day treasure hunting and visit all the stores! Each store supports a non-profit on Whidbey, so every dollar you spend helps our community.

TIME TOGETHER THURSDAYS

Weekly DD community event for individuals age 18-years and older.

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

**MONDAY**
- 9:00 Quilting
- 9:00 Billiards
- 9:30 Enhance Fitness
- 10:30 Duplicate Bridge
- 11:00 LUNCH
- 12:00 Bunco
- 12:30 Ping Pong
- 1:00 Art with Ivy
- 2:30 Parkinsonics Singing Group

**TUESDAY**
- 9:00 Quilting
- 9:00 Billiards
- 9:30 Lapidary
- 10:30 Mexican Train
- 10:45 Chess
- 12:00 Line Dance
- 12:30 Knitting & Crochet
- 1:00 MAC SIG (2nd. Tues.)
- 2:00 Vision Impaired Group (4th Tues.)
- 2:30 S.A.L.L.
- 6:00 Lapidary
- 6:30 Stamp Club

**WEDNESDAY**
- 9:00 Quilting
- 9:00 Lapidary
- 9:30 Enhance Fitness
- 10:30 Duplicate Bridge
- 11:00 LUNCH
- 12:30 Party Bridge
- 12:30 Ping Pong
- 1:00 Paper Crafts
- 2:00 Caregiver Support
- 3:00 Pickle Ball

**THURSDAY**
- 9:00 Quilting
- 9:00 Lapidary
- 9:30 Enhance Fitness
- 10:30 Creative Writing
- 11:00 Mah Jongg
- 12:30 Chinese Checkers
- 1:00 Mexican Train
- 2:00 Reiki Treatments
- 2:30 Caregiver Support
- 3:30 S.A.L.L.
- 4:00 Wire Wrap

**FRIDAY**
- 9:00 Quilting
- 9:00 Billiards
- 9:30 Enhance Fitness
- 10:00 Creative Writing
- 11:00 Mah Jongg
- 12:30 Chinese Checkers
- 1:00 Mexican Train
- 2:00 Reiki Treatments
- 2:30 Caregiver Support
- 3:30 S.A.L.L.

**SATURDAY**
- Ping Pong
- Billiards
- 10:00-1:00 Pickleball
- 10:00-1:00 Beginner Pickleball

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### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

**MONDAY**
- 10:00 Time Together*
- 11:45 Lunch Served
- 12:15 Reader’s Theater
- 1:00 Mahjong

**TUESDAY**
- 8:45 Tai Chi
- 9:00 Foot Clinic – call (360) 341-1210 for appt
- 10:00 Time Together*
- 10:30 Tune In, Tune Up Workshop with Taka
- 11:45 Lunch Served
- 12:30 Lunch & Learn

**WEDNESDAY**
- 10:00 Quilters & Crafters
- 10:00 Time Together*
- 10:00 Intermediate Line Dancing
- 11:45 Lunch Served
- July 31 – Last Wednesday
- 11:45 Birthday cake and Party (all are welcome)

**THURSDAY**
- 8:30 Bridge
- 9:00 Senior Striders
- 10:30 Time Together*
- 11:45 Lunch Served
- July 31 – Last Wednesday
- 11:45 Birthday cake and Party (all are welcome)

**FRIDAY**
- 10:00 Time Together*
- 11:00 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment
- 11:45 Lunch Served

**SATURDAY**
- 10:00-1:00 Tai Chi
- 11:00 Israeli Circle Dance

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**Dates and times of all scheduled events are subject to change. It’s always advisable to call to confirm.**

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**ISLAND HERB**

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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 consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

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

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

Island Senior Resources (Bayview)
14594 SR 525, Langley
Tuesday, July 16 • 11 a.m.
Friday, Sept. 13 • 10:30 a.m.

Oak Harbor Senior Center
51 SE Jerome St, Oak Harbor
Thursday, July 18, 11 a.m.

Medicare 2019
Will you be going on Medicare in the next six months and/or want to know more about Medicare? Attend a free seminar by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For information call: 360-321-1600 ext 0.

ISLAND SENIOR RESOURCES (BAYVIEW)
14594 SR 525, Langley
Tuesday, July 16 • 1 p.m.
Monday, Aug. 19 • 10-10:30 a.m.
(Reservations strongly recommended for this session)
Friday, Sept. 27 • 1 p.m.
(Reservations strongly recommended for this session)
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 Advan-tage 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: Mondays • Call 360-678-1131 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.

Whidbey Island Support Groups

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
2nd 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: Eula Palmer, 360-675-9894

Parkinson’s 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
Facilitator: Mel Watson, 360-321-1623

PARKINSON’S SUPPORT GROUP
For anyone with concerns, stories, and wisdom about aging
2nd Monday, 10 a.m. • Noon
Free! Freeland Library, 5495 S. Harbor Ave., Freeland
Contact Nicole Donovan 360-321-1600

INFORMATION SESSION ON THE FUTURE OF MEDICARE
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.

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

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 Woods
Facilitator: Mel Watson, 360-321-1623

PARKISON’S SUPPORT GROUP
1st Tuesday, 10 – 11:30 a.m.
Trinity Lutheran Church, 18341 WA-525, Freeland Ave
In the older building, in Grigwaiie 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
Free! Freeland Library, 5495 S. Harbor Ave., Freeland
Contact Nicole Donovan 360-321-1600

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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.
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, PRESENTATION BEGINS AT 12:30 P.M.

Date Topic and Presenter
July 3 Bingo Ageing & Disability Resources available 11:30 a.m. to 1:30 p.m.
July 10 You Can Get There! Pat Weekley, Director Volunteer Services/Medicaid Transportation (ISR).
July 17 Gifts from the Heart Molly Hughes, “Gifts” Founding Member & Mayor of Coupeville, will talk about one of her favorites: Gifts from the Heart Food Bank, much more than free food!
July 24 Secure & SAFE in Your Home Shawn Warwick, Deputy Marshal Town of Coupeville describes effective methods to be more secure and secure in your own home and auto.
July 31 Prepare Now for Winter Walt Blackford, Puget Sound Energy Outreach Manager. Summer is a great time to insulate and weatherize your home in preparation for winter. PSE has programs that will help cover some or all of the costs.

ISLAND SENIOR RESOURCES (BAYVIEW) - TUESDAYS, 12:30 P.M.

Lunch (optional) will be served 11:45 a.m. – 12:30 p.m. (suggested donation $6) 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
July 9 What Are You Reading? Come to a spur-of-the-moment book conversation. We’d love to know what you’ve been reading lately. What book(s) would you recommend? Let’s add to each other’s reading list by sharing the books we’ve enjoyed. Fiction? Non-fiction? What’s your pleasure?
July 16 Learning Piano Late in Life Have you ever wanted to learn to play the piano? John Viljoen teaches piano whether you are five or 65 years old. He will give a piano demonstration, talk about piano, keyboard, various music styles, and explain his teaching style.
July 23 Keeping Yourself Safe in Your Home and Community Lt. Mike Hawley of the Island County Sheriff’s Office will present some information on keeping yourself safe in your home, on the roads, and in public places. He’ll be able to answer your questions about the Sheriff’s Office and address your concerns about public safety in our community.
July 30 Old Fashioned Ice Cream Social Do you remember when there were ice cream socials? Join members of our community in an ice cream social and gathering in the courtyard at Island Senior Resources (Bayview) in the warmth of summer.

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.

In observance of Independence Day, Oak Harbor Senior Center and Island Senior Resources will be closed Thursday, July 4, 2019

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**TRAVEL LOG**

**OAK HARBOR SENIOR CENTER**
For more information, call the Front Desk, 360-279-4580  |  Island Senior Resources, (360) 321-1600, (360) 678-3373

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**MYSTERY LUNCHES**

**Tuesday, July 23**
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, Laurie, will be sure to take you on a delightful末端 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.

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**TRADER JOE’S.**
Optional stop at Ben Franklin’s Crafts and Antiques or enjoy a well-known favorite while discovering new restaurants and enjoying the good company.

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**CARNIVAL ENTERTAINMENT**

**WHIDBEY ISLAND FAIR**

**July 18-21, 2019**

819 Camano Ave • Langley • whidbeyislandfair.com

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**OAK HARBOR SENIOR CENTER**
For more information, call the Front Desk, 360-279-4580  |  Island Senior Resources, (360) 321-1600, (360) 678-3373

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**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!

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**WOODLAND PARK ZOO**

**Wednesday, July 24**
8:30 AM - 6:30 PM
Member: $64 + Non-Member: $76
The Woodland Park Zoo located in Seattle hosts many animals including Hana, a three-month-old giraffe, a new butterfly exhibit, and Mata, a two-year-old snow leopard. There are many no-host lunch options including the Rainforest Food Pavilion and on-site café. Wheelchairs and electric scooters are available for rent at the zoo. Cost includes transportation and entrance into the zoo.

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**FAIRHAVEN DISTRICT & TRADER JOE’S**

**Thursday, July 25**
9 AM - 5 PM
Member: $30 + Non-Member: $35
Wander through the Historic Town of Fairhaven. Enjoy unique shops, galleries, bakeries, and restaurants. After a no-host lunch, we will make a stop at Trader Joe’s before returning home.

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**BELLEVUE BOTANICAL GARDENS**

**Tuesday, July 30**
8 AM - 5 PM
Member: $50 + Non-Member: $60
The Bellevue Botanical Gardens is a 53-acre garden made up of many smaller gardens to delight and educate visitors. We will take a docent tour of the gardens and stop for a no-host lunch before returning home. Price includes transportation and guided tour at the garden.

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**AUGUST**

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**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, Terrace Club ticket, and buffet lunch.

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**DIABLO LAKE TOUR & LUNCH**

**Friday, August 9**
7:30 AM - 6 PM
Member: $90 + Non-Member: $110
Come along on a breathtaking tour that is a scenic splendor never to be forgotten. Step back in time on this historic cruise and explore remote Diablo Lake and the Skagit River Gorge high in the North Cascades. Price includes transportation, boat tour, and Northwest cuisine lunch. Limited seats available, please sign up by July 18 to reserve your spot.

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**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.

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**FLY DAY - HONORING VETERANS**

**Saturday, August 17**
9:30 AM - 3:30 PM
Member: $32 + Non-Member: $40
The Heritage Flight Museum in Burlington is hosting a special fly day highlighting a variety of military aircrafts. Price includes museum entrance and air show at the Skagit Regional Airport. Enjoy a no-host lunch from a variety of food vendors.

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**MOUNT RAINIER**

**Wednesday, August 21**
7:30 AM - 9:30 AM
Member: $82 + Non-Member: $98
Let’s get off the Island for a day and visit the magnificent, Mount Rainier. On the way down we will stop for brunch at the famous Black Diamond Bakery before continuing onto Paradise, part of the Mt. Rainier National Park. There will be time to browse the visitor center, go on a nature walk, enjoy a no host lunch, and take in the miraculous views of Mount Rainier!

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**FRIDAY HARBOR**

**Thursday, August 29**
7:30 AM - 6 PM
Member: $58 + Non-Member: $82
We will start the day off with a ferry ride out to the beautiful San Juan Island. While on the island we will have a chance to stop at the English Camp on the Northwest side of the Island and the famous sculpture park before stopping for a no-host lunch at Roche Harbor. Before getting back on the ferry there will be time to shop the streets of Friday Harbor.

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**SEPTEMBER**

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**THE SPACE NEEDLE & CHIHULY**

**Wednesday, September 4**
8 AM - 6:30 PM
Member: $100 + Non-Member: $125
This fun filled day in Seattle will start at the top of the Space Needle where you can take in incredible views of mountains, water, and the city by stepping onto The Loupe, the world’s first and only rotating glass floor. Next, we visit the Chihuly Garden & Glass museum where you will find spectacular, one of a kind pieces of art work. With eight galleries, three drawing walls, and a cafe we will have plenty to do! Cost includes transportation and entrance fees into Space Needle and Chihuly.

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**WHIDBEY ISLAND FAIR**

**CARNIVAL • ENTERTAINMENT**

**JULY 18-21, 2019**

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**Oak Harbor Senior Center, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373**
TRAVEL LOG

WHALE WATCHING TOUR
Tuesday, September 10
10 AM - 5:30 PM
Member: $115 • Non-Member: $140
We will take a short drive over to Anacortes where we will board the Island Explorer for a 4 hour guided whale watch tour. The vessel features indoor heated seating, outside rail viewing area, three viewing decks, and an on board café. Price includes transportation and 4 hour guided whale watch tour. Lunch may be brought or purchased aboard the boat.

SEATTLE CHOICE
Thursday, September 12
8 AM - 5:30 PM
Member: $42 • Non-Member: $50
This is an opportunity to discover downtown Seattle without the Alaska Way Viaduct! Walk through the Pike’s Market enjoying the new shops and eateries and the spectacular view. Ride the Ferris wheel, enjoy a picnic lunch or hop on the monorail to the Seattle Center. Two drop off points, one pickup at Pike’s Market.

ANGEL OF THE WINDS CASINO
Monday, September 23
9 AM - 3:30 PM
Member: $27 • Non-Member: $37
It is time to try again at Angel of the Winds casino! They offer great discounts on game play and a delicious lunch buffet.

LYNDEN TRAIN SHOW
Saturday, October 5
9 AM - 5 PM
Member: $40 • Non-Member: $50
The Lynden Train Show is one of the largest on the West Cost and features running modules in all gauges of model trains and circus displays. The show also includes a swap meet, dealer tables, workshops, and memorabilia. Cost includes transportation and entrance into the Train Show.

DUNGENESS CRAB & SEAFOOD FESTIVAL
Friday, October 11
8:30 AM - 7 PM
Member: $75 • Non-Member: $90
This abundant seafood festival located on the waterfront in Port Angeles is one you don’t want to miss! The festival offers arts & craft vendors, live music, a street fair, cooking derby, entertainment, and lots of seafood! Price includes transportation, ferry, & crab dinner at the festival.

IKEA
Tuesday, October 15
8 AM - 5 PM
Member: $45 • Non-Member: $55
Visit the renovated IKEA in Renton with two levels of shopping and a new restaurant.

EXTENDED TRAVEL

ROMÉ & THE AMALFI COAST
May 2 - 11, 2020
Double: $4,499 • Single: $3,299
Special Travel Presentation: Thursday, July 25 | 1 PM
Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the Colosseum, discover the runs of Pompeii, and discover the mountaintop monastery of Montecassino! Includes ground and air transportation, lodging, and 13 meals.

MAGICAL RHINE & MOSELLE RIVER CRUISE
August 16 - 25, 2020
Double: $5,129 • Single: $5,829
Special Travel Presentation: Wednesday, October 16 | 1 PM
Set out on a 7-night cruise along the Rhine where you will discover lovely Strasbourg on a guided tour, enjoy a Captains Gala Dinner, visit of Cochem’s renowned wine cellars, and cruise the famous canals of Amsterdam. Includes ground and air transportation, 7-night river cruise, lodging, and 22 meals.

MEALS - JULY

‘6 Suggested donation for meals

WEEK 1
Mon 1 Lemon Crumb Fish Filet w/Tartar
Tues 2 Salad Bar w/Variety of Vegetables
Wed 3 All Beef Hot Dog
Thur 4 Holiday - Meal Sites Closed
Fri 5 Chicken Caesar Salad w/Parmesan

WEEK 2
Mon 8 Kielbasa Cabbage Pot Stew
Tues 9 Tuna Salad on Croissant
Wed 10 Pulled Pork on Bun
Thur 11 Chef’s Choice
Fri 12 Penne w/Salmon

WEEK 3
Mon 15 Chicken Fried Rice w/Pineapple
Tues 16 Salad Bar w/Variety of Vegetables
Wed 17 Club Wrap & Pasta Salad
Thurs 18 Volunteer Lunch
Fri 19 Fish Sandwich w/Lettuce&Tomato

WEEK 4
Mon 22 Barbeque Chicken
Tues 23 Salad Bar w/Variety of Vegetables
Wed 24 Mandarin Orange Chicken Salad
Thurs 25 Chef’s Choice
Fri 26 Apricot Chicken w/Peas & Carrots

WEEK 5
Mon 29 Honey Pecan Chicken
Tues 30 Best Reuben Sandwich
Wed 31 Meatloaf Sandwich (cold)

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Jade was born and raised in Oak Harbor. She graduated from Eastern Washington University with a degree in Recreation and Tourism Management and has a background in event planning and hospitality and tourism. She enjoys living an active and healthy lifestyle and in her down time she enjoys reading all things Jane Austen and the Royals. Jade also enjoys spending time with friends and family. She is excited to share her skills in serving you as our new program assistant! If you haven’t met her yet please stop by and introduce yourself.

**New Educational Series**

The Oak Harbor Senior Center is now offering an Educational Series which will include 3-4 sessions that focus on a specific topic. Our first Education Series will be "Focused on Finances" and include presentations from three different individuals who have years of experience in the financial world. We encourage you to attend all courses in the series to get the most out of it, as they build upon each other, however, if you can only come to one or two that is just fine. No registration required, and all are welcome.

**EDUCATION SERIES: FOCUSED ON FINANCES**

**Thursday, July 11 – Money 101 & Gifting**
Kingsview Asset Management Financial Advisor: Trenton Lay

Trenton will discuss the different gifting laws and financial strategies, including those that surround spending down for Medicaid, while planning for long term life expenses.

**Thursday, July 18 – Standing Guard: Protect What You’ve Worked For**
Edward Jones Financial Advisor: River Powers

Whether you’re approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you’ve created for you and your family. River will share ways you can address key risks you may encounter and strategies to help prepare for the unexpected.

**Thursday, July 25 – Online Billing & Mobile Banking**
Banner Bank Branch Manager: Vicki Long

Ready to consider paying bills online and not having to send checks in the mail? Vicki Long will share all the details about online bill pay and mobile banking. With many years of experience, Vicki can give us an insight to the process, set-up, and security that goes into online banking. This is a great opportunity to learn more about making the switch to mobile banking! You do not have to have an account at Banner Bank to attend this session, as any institution you bank with will have online bill pay.

**W.I.G.S. (Whidbey Island Genealogical Searchers)**

No meetings in July Or August.
Meetings will resume Tuesday, September 10

For more information go to www.whidbeygensearchers.org

**Hearing Health Services**

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**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

Jade Brown • 360-279-4582
Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

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**WELCOME JADE BROWN**

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**WHIDBEY NEWS GROUP**

**THE BEST OF WHIDBEY READERS CHOICE AWARDS 2018**

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SUNDAYS

CELEBRATING continued from page 1 could include; going to the movies, shopping, taking a trip, volunteering, joining an educational class, or partaking in a support group. Really anything that gets you involved with others and is part of socialization. Those who maintain their social engagement with friends and family tend to age more successfully.

After mobility and socialization, I started thinking about observation and its relation to independence. As we age it is inevitable that we are going to lose some aspects of our independence so being able to observe and be realistic about our current state is vital. It is good to take a close look at what you can and cannot do and then accept help in some areas of your life. Knowing that support is available and accepting additional help can prolong your independence. There may be some small changes you can make around your house to help keep you safe and independent longer. Installing handrails, better lighting, or shower assists are great ways to give you a little more aid without completely taking away your independence. Another thought is to install medical monitors that help you track your medication intake, heart rate, and other health concerns. Realizing when you can use more assistance and taking the steps to get the needed help are essential in staying independent and living a healthier, safer lifestyle.

Overall, independence is something we all encounter everyday not just July 4th. To age more successfully keep in mind these key ideas when thinking of independence; mobility, socialization, and observation. I encourage you to keep moving, stay engaged, and ask for help when necessary. This year let’s not only celebrate America’s independence but also our own, knowing that just like every country each person’s independence looks different.

IDCIC is a 501(c)3 non-profit and contributions are fully tax deductible. Benefits IDCIC’s DJI/Underage Drinking prevention work / www.idacic.org

Thank You Donut Master

The members of the Oak Harbor Senior Center would like to thank the Donut Master for the generous donation on National Donut Day! The fresh baked donuts were a delightful treat and made the day extra special.

Oak Harbor Senior Center, 360-279-4580