Meeting at the Table

By Christina Baldwin
Board Member, Island Senior Resources

June is busting out all over—and that means we are entering the season of food abundance on Whidbey. The Farmers’ Markets are all open, folks who purchased CSA (Community Supported Agriculture) shares to support our local farmers are starting to get their weekly allotments of vegetables and greens. There are so many farmstands on island, there’s a pamphlet map to find them all. The hens are happy in the long days and laying more eggs than their caretakers can eat, so dozens of multi-hued wonders are available at the end of many driveways, protected in coolers, with a little jar for cash and change.

I love how the earth erupts in bounty in response to our tending, and I love the trust implied and practiced in most of this commerce. We are still “island,” still feeding each other, still trusting each other. While we face many larger issues, the spirit of small commerce and sharing—especially around food—is part of what we love about our lives from one end of the island to the other.

The food program at Island Senior Resources is a highly utilized service among islanders. According to Nutrition Director, Debbie Metz, “We cook 350 meals a day that are served both through Meals on Wheels and at our community meal sites. We work to build a sense of connection in both services. Because of the rural nature of our island, getting out and seeing people several times a week with Meals on Wheels maintains our relations with the community.”

Peace Within Comes From Looking Out

By Liz Lange
Administrator, City of Oak Harbor Senior Services

The title of this article could easily be The Wise Words of Mahatma Ghandi, because you will see not one, but TWO of his teachings have really guided my thoughts. Let’s start with this gem, which pretty much sums up the whole article in one sentence.

“The best way to find yourself is to lose yourself in the service of others”

~ Mahatma Gandhi

This life is the refiners fire. Taking us as coal, and through heat and pressure, our impurities are slowly removed leaving us, if we are persistent, at our full potential as strong, resilient and beautiful as a diamond.

Do we not hope to get to the end of our days and feel we, as an individual, have fulfilled the measure of our creation? Our relationships, trials and efforts shape us and how we see and experience the world around us. No one makes it through life without some degree of pain and sorrow, yet there are some people who, despite their own hefty trials, continue to lift the burdens of others. These people seem to have a smile on their face and peace in their souls. The common denominator seems to be that these individuals are often in service of others. Service truly is the best medicine.
How to Put a Few Dollars Back into Your Wallet While Retired

By Carly Waymire, Program Coordinator, Oak Harbor Senior Center

As I am sure many of you can relate, being retired also means being on a fixed income and needing to be wise about budgeting. There can be times when a little extra spending money would come in handy. It can be rewarding when you spend your free time doing projects which will make you a few extra dollars, so I have compiled a list of ideas to help you fill your wallet:

Sell some stuff – By this time in your life you may find yourself having extra things around the house you don’t need any more such as books, clothes, furniture, tools, dishes, and jewelry. You can put some cash back in your wallet by having a garage sale, selling your items on eBay, making a trip to the pawn shop or antique shop, or posting your items for sale in the paper.

Turn your hobbies into dollars – If you enjoy making crafts you can sell them at local bazaars and fairs, take them to gift-shops, or sell them at community garage sales. People love buying handmade gifts and unique items. This is a great way to have fun and make some extra money at the same time!

Babysit – As both parents working increases, more and more families are in the need of childcare. This can be a bit more work depending on the child’s age but if you enjoy children this is a great opportunity to make funds while spending time with the younger generations.

Garden – Those who have a green thumb can put their skills to use by arranging flower baskets, plant starts, and even indoor planters to sell. Additionally, if you have a surplus of produce in your own garden consider selling the extras to a neighbor or at a farmers market. And for those who have some spare time and extra energy consider mowing, weeding, and gardening for others that need the help.

Tutor/teach – Where you especially good at a subject? Consider tutoring students who need the additional 1:1 help or teaching a specific skill set. There are many folks out there looking to increase their knowledge base and are willing to pay for the guided instruction. Some possibilities include, music lessons, chess lessons, math tutor, teaching another language, dance lessons, technology assistance, or whatever your specialty might be!

Temporary work – Look for jobs that are temporary as these are ideal because they aren’t long term but can supply you some additional funds. For instance, they are hiring 2020 census takers which typically last about 8 weeks, doesn’t include any door to door knocking, and they provide competitive wages starting around $18 an hour. Another idea is helping local businesses during the busier summer months.

Rent out an extra room – If you find yourself still in a large home with extra space, maybe think about renting out a room. This is a great way to not only help pay the mortgage but also get some help with duties around the house. Just remember to be careful on who you let share a living space with you!

Pet sit – If you are a pet lover than there are a few great ways to care for animals while making a few extra dollars such as dog walking or pet sitting while the owner is out of town or deployed. Some individuals will even pay for you to entertain and care for their pets during the day while they are at work.

Don’t forget the discounts – There are countless stores, restaurants, grocery stores, and companies who offer discounts specifically for seniors so always ask! Be proud of your age and take advantage of the savings when you can.

Our members selling their items at our Annual Community Garage Sale in June
CLASSES and EVENTS
at Oak Harbor Senior Center

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 decor, gifts, and fun!

NEW! AMERICAN GOVERNMENT CLASS
Tuesdays beginning June 18
NEW TIME: 1 p.m.
Learn about the institutions and processes of politics in America and how to access the ballot box 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 decor, gifts, and fun!

SUMMER MUSIC SERIES:
THE MOONTANS
Friday, June 28 • 6 - 9 p.m.
Tickets $15
Enjoy live music and dancing at the Senior Center. In June the featured band will be the Moontans, a classic rock band led by Marty Malloy who never fail to put on a show! They are an energetic, fun group who love to get the audience dancing! Tickets are just $15 and include appetizers. There will be a no-host wine/beer bar. Everyone 21+ is welcome.

HURRICANE KATRINA PRESENTATION
NEW DATE: July 24 • 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.

BASKET WEAVING CLASS:
“MARKET BASKET”
Thursday, June 20 • 9 a.m. – 2 p.m.
Cost: Member-$55 • Non-member-$65
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 p.m. 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!

FREE PICK UP – DELIVERY AVAILABLE
Your donations & purchases help build a world where everyone has a decent place to live.

Need help with your retirement savings?
Gene Kelly Barner
Financial Advisor
144 NE Ermit Street, Suite C
Oak Harbor, WA 98277
(360) 675-8239
www.islandcountyhabitat.org

The truth is if we complain about life, it is because we are thinking only of ourselves. So, here comes my second quote from Mahatma Gandhi: “I cried because I had no shoes, until I saw a man who had no feet.” I believe for most of us the best medicine for loneliness is work and service for others. I do not minimize the array of serious problems you may be experiencing, but I do not hesitate to say there are many others whose problems are just as, or more, serious than yours. Reach out to those around you, help them and give them encouragement.

Service adds a new dimension to life. The new associations and friendships made through selfless service are life altering. You will grow in knowledge and understanding and in your capacity to do more with your life. When we reach out to help others, we find our true selves.

A clinical study published in 2017 by the University of Michigan compared outcomes for people with depression and anxiety who focused on self-image goals against those who made compassionate goals. The group who focused on self-image goals reported higher symptoms of their anxiety and depression and relationship conflict than those who pursued compassionate goals. What does this mean?

The self-image goals focused on obtaining approval from outside sources and avoiding vulnerability during social interactions. The study defined compassionate goals as those that “involve a focus on supporting others, not obtaining something for the self, but out of consideration for the well-being of others. When people have compassionate goals, they want to be a constructive force in their interactions with others, and they want to avoid harming others.”

Power to manage one’s self doubt, anxiety and depression came by looking outward and focusing on others rather than looking in and focusing on one’s self. The study outlined the following as ways we can measure compassion, so take note to see if there are areas you can make a change in:

• Be supportive of others. Celebrate their successes and mourn with those who mourn.

• Allow grace for others’ mistakes. We all mess up at times. “It’s OK—you’re human” goes a long way, isn’t this how you hope to be treated when it’s you who has messed up?

• Make a positive difference in someone’s life. Take a friend to lunch, do something to make your partner’s day a little easier, lend a hand to the mom with the wailing child at the grocery store.

• Make constructive comments to others. The words you speak are powerful, for good and for harm. Build others up with your words, it will build your relationship.

• Avoid doing anything that would be harmful, or even just unhelpful, to others. Sometimes it’s enough simply to avoid hurting other people. Remember Bambi’s friend Thumper? “If you can’t say something nice, don’t say nothin’ at all.”

• Avoid being self-centered. When we are busy thinking about ourselves we miss the opportunity to be concerned for others. High levels of depression and anxiety tend to make us turn inward and focus on ourselves, which probably explains in part why compassion for others can relieve ailments of both these conditions. I would like to bet that while reading this you had a thought or two about someone you could reach out to. A friend you hope to be treated with, a co-worker you never know whose life you may change for the better, including your own.

www.edwardjones.com
*Subject to review

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
The Oak Harbor Senior Center would like to thank our community partner the WhidbeyHealth Foundation for the generous donation to support our Staying Active and Independent for Life (SAIL) evidence-based fall prevention workout program. Also, a special thank you to Robert May, WhidbeyHealth EMS Public Education Coordinator, for the tireless work he does to keep our community safe and healthy, specifically with his dedicated work in fall prevention.

SAIL is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Our one-hour SAIL Class meets Tuesdays and Thursdays at 2:30PM and is led by group fitness and SAIL certified instructor Rae Hicks.

We are seeing great success in the improvement of balance and mobility in the 10-15 regular class participants. If you have a hard time bending to tie a shoe, struggle with confidence to walk outside alone, have a hard time getting out of your chair, wanting to start an exercise program but haven’t had much physical activity, or coming out of rehab with a physical therapist, this class is for you! While the physical improvements are the focus of the class it has also been amazing to see the social connections being made. Come be apart of the SAIL community of friends.

Thank You
WhidbeyHealth Foundation!

Providing a full range of audiological services including:
Prevention, diagnosis and tailored treatment options with personalized aftercare.

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

Voted Best of Whidbey 5 years in a row!
**Oak Harbor Senior Center Activities** 360-279-4580

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<tr>
<th>MONDAY</th>
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<td>9:30</td>
<td>Enhance Fitness</td>
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<td>11:30</td>
<td>Duplicate Bridge</td>
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<td>Duplicate Bridge</td>
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<td>Creative Writing</td>
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<td>11:30</td>
<td>LUNCH</td>
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<td>12:30</td>
<td>Cribbage</td>
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<td>12:30</td>
<td>Ping Pong</td>
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<td>Redo Treatments</td>
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<td>1:00</td>
<td>Art with Ivy</td>
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<td>History Class</td>
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<td>2:30</td>
<td>Parkinson’s Singing Group (1st &amp; 3rd Monday)</td>
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<td>Parkinson’s Singing Group (1st &amp; 3rd Monday)</td>
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<td>Caregiver Support (2nd Thursday)</td>
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<td>3:00</td>
<td>Quilting</td>
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<td>5:00</td>
<td>Tai Chi</td>
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**ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES** 360-321-1600 or 360-678-3373  
www.senior-resources.org

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>10:00</td>
<td>Time Together*</td>
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<td>11:45</td>
<td>Lunch Served</td>
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<td>12:15</td>
<td>Reader’s Theater Rehearsal</td>
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<td>1:00</td>
<td>Mahjong</td>
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**DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.**

**DISCOVER THE ISLAND’S BEST CANNABIS**

**MEdICAL & RECREATIONAL CANNABIS | OPEN DAILY 9A–8P**

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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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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.

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

I can help you save time & money.
One agent for all your insurance needs

I can help you save time & money.
One agent for all your insurance needs

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 360-279-4580 ext 0.

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 360-678-3151 to schedule an appointment

Alder Room, Island Senior Resources, 14594 SR 525, Langley
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.
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>June 4</td>
<td>Becoming Beatrice</td>
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<td></td>
<td>Whidbey Island author Frances Wood will talk about her</td>
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<td>first novel, Becoming Beatrice, a compelling coming-of-</td>
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<td>age-story of friendship, romance, multiculturalism,</td>
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<td></td>
<td>bullying, and overcoming personal challenges. The story</td>
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<td></td>
<td>is based on the life of Frances’ great-grandmother,</td>
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<td>a pioneer school teacher in Snohomish, Washington.</td>
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<td>June 11</td>
<td>What Do You Want to Learn About?</td>
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<td></td>
<td>The ISR (Bayview) Lunch &amp; Learn series wants your ideas</td>
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<td></td>
<td>about what you want to learn, experience and enjoy at</td>
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<td>our Lunch &amp; Learn sessions. Janice O'Mahony, Board</td>
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<td></td>
<td>Member of South Whidbey at Home, and Cheryn Weiser,</td>
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<td></td>
<td>Executive Director, of Island Senior Resources, will</td>
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<td></td>
<td>use this session to gather ideas and input so we bring</td>
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<td>forward what you most want to learn.</td>
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<td>June 18</td>
<td>Island Senior Resources Strategic Plan 2019-2021</td>
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<tr>
<td></td>
<td>Executive Director, Cheryn Weiser will give an overview</td>
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<td>of what we learned from our communities and the</td>
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<td>community outcomes and strategies that will guide the</td>
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<td></td>
<td>organization after a year-long strategic planning</td>
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<td></td>
<td>process.</td>
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<td>June 25</td>
<td>Long Term Care Continuum and Dementia</td>
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<td>Sean O’Neill, Careage of Whidbey Administrator, will</td>
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<td></td>
<td>discuss the Alzheimer and Dementia disease process,</td>
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<td>what role each level of the long term care continuum</td>
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<td>plays in providing care to that population, current</td>
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<td>resources available in our community, and how a</td>
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<td>diagnosis of dementia or Alzheimers can prevent an</td>
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<td></td>
<td>individual from qualifying for mental health services.</td>
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**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.

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<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>June 5</td>
<td>Bingo</td>
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<td>Aging &amp; Disability Resources will be available 11:30 to</td>
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<td>1:30 pm</td>
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<td>June 12</td>
<td>Wednesday “Eats”</td>
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<td>Presented by Debbie Metz, Nutritional Program Director</td>
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<td>for Island Senior Resources (ISR). Our noon meals are</td>
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<td>a fabulous time of sharing and eating, but ISR offers</td>
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<td>so much more beyond noon meals. You don’t want to</td>
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<td>miss this one, if not for yourself, to help your</td>
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<td>neighbors!</td>
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<td>June 19</td>
<td>Financial Helps Beyond Medicare</td>
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<td></td>
<td>Chasity Smith, Director, ISR’s Aging &amp; Disability</td>
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<td>Resources and Family Caregiver Support Program, along</td>
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<td>with a SHIBA volunteer will provide an overview of low-</td>
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<td>income subsidies offered through Social Security and</td>
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<td>Medicaid.</td>
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<td>June 26</td>
<td>Where the Skeletons Are</td>
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<td></td>
<td>Dale Sherman, Sunnyside Cemetery Sexton has managed</td>
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<td>the cemetery for over thirty years. Following a brief</td>
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<td>history overview, he will share surprises, humorous</td>
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<td>situations, and sadness encountered when arranging</td>
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<td>that final rest.</td>
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**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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**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.

**CAMANO CENTER**
606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222
Meals served Mon, Wed, Fri, 11:30 a.m.

**CAMBEY APARTMENTS**
50 North Main Street, Coupeville, WA 98239
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

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

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

**HILLSIDE EVANGELICAL FREE CHURCH**
874 Plantation Drive, Greenbank, WA 98253 • 360-678-4256
Meals served Wed, noon

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 - JUNE**

**WEEK 1**

<table>
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<tr>
<th>Mon</th>
<th>3</th>
<th>Ham &amp; Potato Casserole</th>
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<tbody>
<tr>
<td>Tues</td>
<td>4</td>
<td>Salad Bar</td>
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<tr>
<td>Wed</td>
<td>5</td>
<td>Chile Relleno</td>
</tr>
<tr>
<td>Thur</td>
<td>6</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>7</td>
<td>Chicken Strips</td>
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</tbody>
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**WEEK 2**

<table>
<thead>
<tr>
<th>Mon</th>
<th>10</th>
<th>Stuffed Pepper Bake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>11</td>
<td>Turkey Cranberry Wrap</td>
</tr>
<tr>
<td>Wed</td>
<td>12</td>
<td>Cheeseburger Sliders</td>
</tr>
<tr>
<td>Thur</td>
<td>13</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>14</td>
<td>Beef Enchilada Bake</td>
</tr>
</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>Mon</th>
<th>17</th>
<th>Chicken Fried Steak</th>
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<tbody>
<tr>
<td>Tues</td>
<td>18</td>
<td>Salad Bar</td>
</tr>
<tr>
<td>Wed</td>
<td>19</td>
<td>Taco Salad</td>
</tr>
<tr>
<td>Thurs</td>
<td>20</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>21</td>
<td>Chicken Tostadas</td>
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</tbody>
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**WEEK 4**

<table>
<thead>
<tr>
<th>Mon</th>
<th>24</th>
<th>Sweet &amp; Sour Meatballs</th>
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</thead>
<tbody>
<tr>
<td>Tues</td>
<td>25</td>
<td>Best Rueben Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>26</td>
<td>Caribbean Port Tenderloin</td>
</tr>
<tr>
<td>Thurs</td>
<td>27</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>28</td>
<td>Chicken Cordon Bleu Bake</td>
</tr>
</tbody>
</table>

**Suggested donation for meals**
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SPRING IS NOURISHMENT

How do you nourish yourself? What brings you energy? What brings you joy?

On these lovely spring days, we Islanders have so many ways to enjoy the Island life. On porch, patio, yard, or park, we can access the beauty of the place where we have chosen to live. Warm days allow windows and doors to be open and the expansive morning and evening light gives us access to outdoor activities, be they quiet or active (dam that lawn mowing anyway). Whether you garden in a pot, a plot, and/or take advantage of fresh produce that abounds in markets, grocery stores, or local stands, the opportunity to nourish oneself with locally grown wonders is nearly irresistible. With fresh lettuce, coming cucumbers and tomatoes and all variety of other garden goodies, we can nourish ourselves through each of our senses. I love to go home after work and pick my greens from my own garden or load my freezer with the raspberries that grow nearly wild next to my patch of veggies.

It’s time to soak in the soft air, rich green environs against blue waters, and the many outdoor options that are the true signs of spring and summer. We longed for these moments amid the snow of February and continued cold and wet in March. Don’t hesitate to reach out to a friend to enjoy these moments with someone you know or want to know better. Pull up that lawn chair, a cool drink, a good book, or share the moment with that friend. Spring and summer come and go too quickly. I think I’ll take my grandson to the beach.

Enjoy this special time of year!

2019 Senior Farmer’s Market Produce Vouchers

The Senior Farmer’s Market Nutrition Program (SFMNP) is a “win-win” program, which benefits both low-income seniors and our local farmers – everyone involved has been delighted with the outcomes! Local farmers sell more produce and seniors who otherwise couldn’t afford it can purchase fresh, organic, fruits and vegetables as excellent supplementation to a healthy diet. SFMNP began in 2001 and has been a very successful program each year since then.

If you are 60 years old or older and your income is at or below $15,926 per month for one person or at or below $2607 per month for two people, you are eligible for the program. Each person receives $40 worth of vouchers, in which eligible persons can take to participating markets and vendors to choose and purchase the fresh fruits and vegetables they enjoy eating or cooking. The vouchers will be ready for pick up starting Tuesday, June 11 at distribution locations and times listed below. There is a limited supply, and they are “first come - first serve.” If you live in Central or South Whidbey and have questions, please call, 360-321-1600, ext “0.” If you live in Oak Harbor and have questions, please call Cindy Miller at 360-675-0311. Vouchers are good through October, depending on the Farmer’s Market seasonal time frame.

Distribution Locations and Times for Voucher Sign-Up (please bring identification)

Island Senior Resources (Bayview): Monday – Friday, 9 a.m. - 2 p.m.

Camby Apartments: Monday – Thursday, 10 a.m. - 3 p.m. (except noon – 1 p.m., office closed)

Oak Harbor Senior Center Resources Office: Monday and Wednesday, 9 a.m. - 11 a.m.

Look for this sign

Participating Markets:

Coupville Farmers Market
788 NW Alexander
(behind Sno-Isle Library)
Saturdays, 10 a.m. - 2 p.m.
Open through Oct. 13

Bayview Farmers Market
Bayview Corner, Hwy 525 and Bayview Rd.
Saturdays, 10 a.m. - 2 p.m.
Open through Oct. 20

Langley Farmers Market
Corner of Cascade and Camano Ave.
Fridays, 1-5 p.m.
Open through Sept. 28

South Whidbey Tilth Market
Off Hwy 525, 2812 Thompson Rd.
Sundays, 11 a.m. - 2 p.m.
Open through Oct. 7

Oak Harbor Farmers Market
Hwy 20 in the field next to Visitor Center
Thursdays, 4-7 p.m.
Open through Aug. 30

How to Reach Island Senior Resources

For all departments and all staff call 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

Contact us at:

Island Senior Resources (Bayview) 14554 SR 525 Langley, WA 98260
Oak Harbor Senior Center (in collaboration with Oak Harbor Senior Center) 51 SE Jerome St Oak Harbor, WA 98277
Camano Center (in collaboration with Camano Center) 606 Arrowhead Rd Camano Island, WA 98282
Senior Thrift 5518 Woodard Ave Freeland, WA 98249

For more information call:

(360) 321-1600 or (360) 678-3373

Island Senior Resources eNews!

Join our email list and receive our monthly eNews the last Friday of every month. It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.
Having Friends Makes Life Better! From the couch, with Sally and Dawsica

By Mel Watson
Director Time Together Adult Day Services

Oak Harbor residents and Time Together participants, Sally Wyatt and Dawsica Wiks, say that having friends is one of the most important things in life. A wish to connect with others and make friends is what brought both Dawsica and Sally to Time Together. Sally said, “I was getting homebound and I knew I needed socialization, and then one day I walked in and saw you guys having so much fun, and I wanted to come!”

An avid collector of records and movies, Sally is brimming with creativity, and her friends at Time Together call her the “Trivia Queen” and “The Oracle.” If you have a question, Sally probably knows the answer!

With a busy schedule and attendance at Time Together, Dawsica also works at a retirement home. Dawsica offered, “I love helping people, and I love my job coaches! I’m all about work. I would like to work at Starbucks passing out the coffees to everyone one day.” Dawsica believes that the key to a happy life is meeting friends and new job coaches. She loves getting the meal menu from the ISR website and seeing what deli-cious lunches will be served at Time Together.

These enthusiastic women both agreed that the best thing about coming to Time Together is the comradery and getting out of the house and that it gives them the opportunity to be around people and meet different people. They love the socialization, and they abso-lutely “love Ken who delivers the meals!”

To those who might be feeling lonely and might like to meet some new friends, Dawsica and Sally want those people to know that they should find a way to come to Time Together. Sally smiles and says, “We do Karaoke and we do our journals; you would love it!” Dawsica adds, “These are my homeys - I love these guys! Time Together has really made my life a lot better.”

WHIDBEBY ISLAND FAIR
CARNIVAL • ENTERTAINMENT
JULY 18-21, 2019
819 Camano Ave • Langley • whidbeyislandfair.com

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Menus are published monthly in Island Times and on the Island Senior Resources website. Metz continues, “I love the energy at the meal sites. They are like mini cafés with regular customers.” She adds with a smile, “Though there’s only one entrée on the menu, we work to make it delicious, nutritious, and a highlight experience of people’s day.”

“We make the meals affordable, and no one is turned away for lack of ability to pay. I think it’s the best deal for a meal on the island. At Bayview, several working folks showed up to sample our lunch program one day and they’ve never been back as regulars. I think we’re part of the friendship group.”

The Association for Senior Nutrition has researched the importance of regular social meal times. Besides guaranteeing baseline nutrition, shared meals reduce isolation, connect people, and build friendships. A recent Island Senior Resources survey asked clientele, “Does eating together help you feel more connected to community?” Ninety-six percent said yes.

Having eaten lunch at Brookhaven with my father a number of times, I can attest to the delicious food, camaraderie, and invitation to social time. Metz is enthusiastic. “I am one of the lucky folks who knows that eating with older people is fun! They’re not in a hurry. They love to tell stories. They are history carriers about the long road of living. I learn something every time I listen.”

In addition to food programs, food vouchers are available for the farmers’ markets for seniors with income eligibility. (See Debbie’s article in this issue.) Among the local food-to-table gardeners and farmers who sell at the markets, the voucher program is a way the community invests in seniors at reduced income levels. “I love strolling the market,” one older woman told me as we sat enjoying lunch at a picnic table on a Bayview Saturday. “I know how to cook vegetables like these—I used to grow them, back in the days when I could bend over and get up again.” Her eyes sparkle, and she laughs in delight at her memories. “And I’m the one who always gets extra zucchini from my neighbor. I think she grows one vine just for me.”

Most of us who garden find ourselves with a surplus, and “over the fence” sharing is one of summer’s delights. While I write this, my neighbor’s Rhubarb is cooking into a pie and wafting a delicious aroma through my house. I traded her for some sweet pea seeds. So, I appreciate the friendliness of our exchange. I loved dipping into my own memories, following my mother’s recipe, and soon I will delight in delivering pie slices to other neighbors.

Food is intertwined with our need for daily nutrition and our need for daily interaction. One way or another, Island Senior Resources helps folks “meet at the table.” The meal sites are open to the public—come join one of these community get-togethers for a delicious lunch.

WEB LINKS TO INFORM & INSPIRE…

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you can 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.

• What Does It Take to be a Good Neighbor?
• Taking You Back: Memories of the 1950s
• Taking You Back: Memories of the 1940s
• Taking You Back: Memories of the 1930s