The Joys of Volunteering

By Christina Baldwin
Board Member, Island Senior Resources

Okay, the summer guests are long gone, the kids or grandkids are in school, the garden is harvested, and the days are short. Oh, and it’s raining. What are you going to do to cheer yourself up this coming winter? Why not volunteer?

Every volunteer I talk to says things like: "It’s the most interesting part of my week." "I meet new people that I wouldn’t come across otherwise, and I’m delighted to listen to their stories and learn more about who lives on the island with me." "I accomplish something a little out of my ordinary routine, and it gives me a sense of still learning new things; it gets me out of my habits." "I like the exercise! I get in my 10,000 steps working at the thrift store."

Volunteerism is an essential component within communities. Every nonprofit you can name counts on volunteers. Beyond paid staff, the addition of volunteers allows organizations to provide outreach and services they could not otherwise financially sustain. Who hands you a program at WICA? Who serves coffee after church? Who checks out your purchases at the Thrift Store (and stocks and tidies all the goods we choose from)? Who provides care-giver relief or babysitting and playtime so moms and dads can have a break? Who works in the school and community gardens? Who fills the food shelves? Who serves pancakes at the Senior Center? Who makes weekend food for kids to take home from school? Who sews and knits blankets for shelters?

A Season of New Beginning

By Jade Brown
Program Assistant, Oak Harbor Senior Services

It the time of year where leaves begin to fall, morning air is cold and crisp, and everything around us is slowly changing. Fall is a time of rejuvenation; the animals are getting ready for hibernation and we all take a moment to slow down after the long summer days and before the holiday rush. October is the perfect month to relax and recuperate.

October is the perfect month to relax and recuperate.

Now I like to participate in the typical fall/October activities, such as going to the pumpkin patch, carving pumpkins, and baking yummy pumpkin treats. But I also like to have plenty of lazy days, to sit around and watch football, or my personal favorite is to curl up on the coach with a cup of hot chocolate and watch Hallmark movie marathons!

Volunteerism is an essential component within communities. Every nonprofit you can name counts on volunteers. Beyond paid staff, the addition of volunteers allows organizations to provide outreach and services they could not otherwise financially sustain. Who hands you a program at WICA? Who serves coffee after church? Who checks out your purchases at the Thrift Store (and stocks and tidies all the goods we choose from)? Who provides care-giver relief, or babysitting and playtime so moms and dads can have a break? Who works in the school and community gardens? Who fills the food shelves? Who serves pancakes at the Senior Center? Who makes weekend food for kids to take home from school? Who sews and knits blankets for shelters?
How to Plan for End of Life Care

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

At some point most of us have thought about dying and how we wish it would be a “good” death, but, planning for the end of your life is not really something most of us want to think about or enjoy speaking freely about. Although, end of life planning (also known as advanced care planning) can bring you peace of mind and make it easier for your loved ones, so it is something to consider.

End of life planning is the process of learning about what decisions need to be made, considering what kind of care you are going to want, and then letting those important people in your life know your desired preferences. A misconception about end of life planning is it is a one-time decision and needs to be decided once you are “old.” The truth is, your preferences may change over time and end of life planning is for any age because no matter how old you are, the result of a disease or severe injury could leave you in a place where you are not able to speak for yourself.

The decisions for end of life care most prominently include what kind of care you want to receive in emergency situations to keep you alive. Some of these practices include CPR, ventilators, feeding tubes, IVs, and hospice care. Once you decide what level of care you desire, the next step is to complete an advance directive (also known as a living will or health care power of attorney) which is a legal document that provides guidance about what kind of treatment you want to receive and a POLST form which is a medical order for the specific medical treatments you want in a medical emergency. Once completed, these documents will instruct your family and medical providers of your end of life wishes.

It is well known end of life planning and completing the documents to make your wishes known can be a daunting task. In order to better help educate and inform you of your options, the Oak Harbor Senior Center’s next Educational Series is: "All about End of Life Planning." This is a great opportunity to hear more from educated professionals who are experts on end of life care.

Education Series: All About End of Life Planning
At Oak Harbor Senior Center | 11 a.m. | Free and all are welcome

VOLUNTEERS NEEDED AT OAK HARBOR SENIOR CENTER

Looking to get involved? The Oak Harbor Senior Center has many ways to get involved. Here are a few of the opportunities at the Center: Travel & Excursion, Volunteer for events, and many more.

COUPEVILLE
Chris Renfro
502 N Main Street
360-678-6580

FREELAND
Melissa S Cates, AAMS®
1688 Main St Suite 101
360-331-4450
Kristi K Price
1688 Main St Suite 101
360-331-4450
Kevin B Lunger
1592 Main Street
360-341-4556

OAK HARBOR
Gene Kelly Barner
144 NE Ernest St Suite C
360-675-8239
River Powers
380 SE Pioneer Way, Suite 102
360-675-8239
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End of Life planning can bring you peace of mind.
we put away our summer clothes in exchange for warm fluffy sweaters, the days grow shorter and the nights grow longer. We say goodbye to our snow bird friends. But with these goodbyes comes hellos.

This is the favorite season for a lot of people, and I’m starting to understand why. I find that I relax just a little bit more this time of year, especially after a busy summer where I was constantly on the go. Now I know it also seems like the holiday season is fast approaching, but let’s all take a deep fall breath and just enjoy this season for a few weeks longer.

So, here’s to fall, and here’s to all, a blessed autumns day.

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RECYCLED BUTTERFLY DÉCOR

Wednesday, Oct. 2 • 1:30 p.m. FREE
Add color to your fridge, garden, or even screened doors with recycled plastic butterflies. Let's get crafty and have some fun! Supplies and instructions will be provided. To register please stop by or call the Center at 360-279-4580.

WILL AND ESTATE PLANNING WORKSHOP

Thursdays in October 11 a.m. – noon
Member: $25 all sessions, $10 ea.
Non-member: $30 all sessions, $15 ea.
Attorney Jake Kempton from Whidbey Will and Trust will go over everything you need to know about estate planning, wills, trusts, power of attorney, and end of life care to put your mind at ease about end-of-life planning. This 4-week workshop requires registration as space is limited. To register please call the Center.

DECEPTION PASS PARKS PRESENTATION

Wednesday, Oct. 16 10:30 – 11:30 a.m.
Deception Pass State Park Area Manager, Jason Armstrong will share about the park's history, interesting facts, and future plans. Join him for this informational presentation to learn more about the Deception Pass State Park and what the future holds.

MILITARY LEGAL PRESENTATION

Wednesday, Oct. 23 • 10:30 a.m.
A representative from Region Legal Service Office NW will explain what services are available to active duty, retirees, and dependents from all branches of the military. They can help provide many services including estate planning and legal resources. If you are a military retiree, come see what kind of free services may be available to you.

FANCIFUL FALL – AN UNEXPECTED RUNWAY SHOW WITH FLARE

Saturday, Oct. 26 Doors open 5:30 p.m.
Dinner and event 6 p.m.
Tickets are $50 per person, includes dinner
As the first annual benefit event for the Oak Harbor Senior Center Foundation, in addition to the wearable arts show, there will be a silent dessert auction, raise the paddle, and beer and wine will be available for purchase. Tickets are on sale at the Oak Harbor Senior Center for $50. Tickets include dinner and a show. Remember, accent pieces and haberdashery highly encouraged!

ALL MEMBER MEETING

Tuesday, Oct. 29 10:30 – 11:30 a.m.
All members of the Oak Harbor Senior Center are invited to join our annual All Member Meeting Tuesday, Oct. 29 at 10:30 a.m. Liz Lange, Administrator Senior Services, will be providing an update about the state of the Senior Center, including a recap of 2019 and future plans for 2020. We hope to see you there!

AARP SAFE DRIVER COURSE

Wednesday, Oct. 30 8:30 a.m. – 4:30 p.m.
AARP Member: $15
Non-AARP Member: $20
Must pre-register by calling the center at 360-279-4580

BUTTERFLY DÉCOR

Wednesday, Nov. 6 • 1:30 p.m.
Member: $15 • Non-Member: $20
This class is for those who are experienced knitters but have stopped knitting because of a life altering circumstance, those who have previously knitted, or those who have not knitted in a while. Liz Lange will guide you through simple patterns to get you back to knitting like you used to.

POINSETTIA WREATH CLASS

Wednesday, Nov. 27 • 10:30 a.m.
Member: $15 • Non-Member: $20
Come learn how to make a beautiful flower wreath. Cost includes supplies and instructions. Space is limited. Please register by calling the center at 360-279-4580.

ARE YOU INTERESTED?
BEGINNER AND INTERMEDIATE CHESS CLASS

Wednesdays at 10 a.m.
$5 Per Class
Are you interested in learning more about the game of chess? Professional chess coach will teach beginning principles and tactics of chess. Each session will include a half hour of instruction and a half hour of play. Chess will inject adventure and excitement into your life as well as enhance your brain power! If you are interested in learning more about the game, please contact our program coordinator, Carly Waymire, at 360-279-4583 or cwaymire@oakharbor.com.

TAP DANCE

If you are interested in learning tap dance please contact our program coordinator, Carly Waymire, at 360-279-4583 or cwaymire@oakharbor.com.

NEW! BACK TO KNITTING CLASS

1st and 3rd Mondays • 2 p.m.
This class is for those who are experienced knitters but have stopped knitting because of a life altering circumstance, illness, or injury. An experienced knitter will guide you through simple patterns to get you back to knitting like you used to. Please note this class is intended for those who have previously knitted.

Seniors* Get 15% Off on the 15th of Each Month!

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Sunday 9am-6pm
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OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

9  Quilting
9  Billiards
9:45 Enhance Fitness
11:30 Duplicate Bridge
11:30 LUNCH
12  Bunco
12:30 Ping Pong
1  Art with Ivy
2  Back to Knitting (1st & 3rd Monday)
2:30 Parkinsonics Singing Group (1st & 3rd Monday)
3  Clogging
5  Tai Chi
8:30 Yoga
9  Billiards
9  Lapidary
9:45 Enhance Fitness
10  Wire Wrap (3rd Wednesday)
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
8:30 Yoga
9  Billiards
10  Creative Writing
10  Walking Club
11  Mah Jong
1  Mexican Train
1  Reiki Treatments
1  History Class
2  Caregiver Support (2nd Thursday)
2:30 S.A.L.L.
7  Wire Wrap
10 Tai Chi
9  Quilting
9  Billiards
9:45 Enhance Fitness
11:30 LUNCH
12:30 Ping Pong
12:30 Line Dance
1  Parkinson Support Group (1st Friday)
7  Country Dance
6:30 Old Time Fiddlers (1st Friday)

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

10  Time Together*
11:45 Lunch Served
1 Mahjong
8:45 Tai Chi Wu Style
9  Foot Clinic – call (360) 341-3210 for appt
10  Time Together*
10:30 Tune In, Tune Up Ukulele with Talla
11:45 Lunch Served
12:30 Lunch & Learn
Oct. 1 – 1st Tuesday
10 Parkinson’s Support Group**
Oct. 8 – 2nd Tuesday
10 Alzheimer’s Support Group
2:30 Parkinson’s Singing Group South**
Oct. 15 – 3rd Tuesday
10 MS Support Group
Oct. 22 – 4th Tuesday
10 Early Stages Demenits Support Group
2:30 Parkinson’s Singing Group South

10 Quilters & Crafters
10 Time Together*
10 Intermediate Line Dancing
11:45 Lunch Served
Oct. 30 – Last Wednesday
11:45 Birthday cake and Party (all are welcome)
8:30 Bridge
9  Senior Sisters
10 Time Together* (10:00 noon only)
12:15 Reader’s Theater Rehearsal
10 Time Together*
10  Fun Band
11 SHIBA (Statewide Health Insurance Benefits Advisor) by appointment
11:45 Lunch Served
Oct. 11 and Oct. 25
2 Legal consults (call for appointment)
10  Time Together*
10:45 Lunch Served
11 Israeli Circle Dance
10 Parkinson Support Group
2  Legal consults
11 SHIBA (Statewide Health Insurance Benefits Advisor)

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

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

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Oak Harbor Senior Center, 360-321-1600 ext. 0

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October 31 • 5:30-7:30
BRING THE KIDS FOR
FACE PAINTING
ARTS & CRAFTS
TRICK OR TREATING

Oak Harbor Senior Center
51 SE Jerome St, Oak Harbor
Monday, Oct. 7, 11 a.m.

Medicare 2020
Medicare’s open enrollment runs from Oct. 15 to Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans. It is important to be sure your plans will meet your needs next year. There are changes in Medicare occurring in 2020 for some enrollees. We will help you understand what is best for you!

Also, if you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free general information seminar offered 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 more information, call 360-321-1600 ext 0.

Information will be provided about:
• “Basic” Medicare benefits
• Changes for 2020 will be covered in the Medicare 2020 classes
• 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 benefit 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
51 SE Jerome St, Oak Harbor
Tuesday, Oct. 15 • 2:30 p.m.
Wednesday, Oct. 30 • 10 a.m.
Thursday Nov. 7 • 9:30 a.m.
Tuesday Nov. 19 • 9 a.m.
Friday Nov. 22 • 2 p.m.
Monday Nov. 25 • 10 a.m.

ISLAND SENIOR RESOURCES (BAYVIEW)
14594 SR 525, Langley
Wednesday, Oct. 16 • 10:30 a.m.
Tuesday, Nov. 26 • 9 a.m.
Saturday, Nov. 2 • 10 a.m.
Monday, Nov. 11 • 1 p.m.
Thursday, Nov. 14 • 1 p.m.

COUPEVILLE LIBRARY
780 NW Alexander St, Coupeville, WA 98239
Wednesday, Oct. 30 • 10 a.m.

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

October 2019

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.

Alzheimer’s & Dementia Caregivers Support Group
1st Thursday, 2:30 – 4:30 p.m.
Summer Hill Assisted Living, Oak Harbor
Contact: Heidi Kustan, 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: Carolyn Hansen, 360-279-1785

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
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 of 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.

LEO'S PLACE -- 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!

Lunch & Learn's in Bayview are a collaborative venture with South Whidbey @ Home

Date Topic and Presenter
Oct. 1 How to Safely Use Medical Cannabis Dennis James of MediCannaCare will explore: Who can benefit from medical cannabis, the best way to take it and which medical cannabis products are safe? The point of medical cannabis is NOT to get high, but to get NORMAL — to sleep, deal with anxiety, reduce pain, and more.

Oct. 8 Get to Know Nichols Brothers Matt Nichols, Executive Vice President of Nichols Brothers Boat Builders, will talk about the past, present and future of his company. This company has been building boats in Freeland since 1964 and is a key community employer. Have you always wondered about that enterprise on Holmes Harbor? Here’s your chance to learn more!

Oct. 15 Should Women Vote? 2019 marks the 100th anniversary of the passage of the 19th Amendment to the U.S. Constitution granting universal suffrage to women. Local historian, Bob Waterman, will review the struggle for women suffrage in the U.S. and Washington State, and how women in Langley responded to their new opportunity to vote.

Oct. 22 Getting Involved on Whidbey What are the ways to get involved locally? How does getting involved give you as much as you give? How can you locate just the right avenue for your time and talents? Executive Director Cheryl Weiser discusses a range of local options and tests the waters about the need for an online resource that matches opportunities for involvement with individual interests.

Oct. 29 Talk with Commissioner Helen Price Johnson Island County Commissioner Helen Price Johnson will talk about efforts to develop more affordable housing on South Whidbey for workers, young families, seniors, and others who are important in our community but being priced out of being able to live here. She will also update us about other things happening in Island County government.

AT THE COUPEVILLE HUB - WEDNESDAYS, PRESENTATION BEGINS AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:45 (suggested donation $6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: 360-678-4886 Ext 28 or 360-321-6661 ext 28.

Date Topic and Presenter
Oct. 2 Bingo Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.

Oct. 9 Results Are In! Cheryl Weiser, Executive Director of ISR, will share organizational goals and directions shaped thru recent stakeholder feedback.

Oct. 16 You Can Get There! Pat Weeks, Director Volunteer Services/Medicaid Transportation (ISR), Pat will explain the many transportation options available to you thru Island Senior Resources, both on & off Island!

Oct. 23 Check Your Medicare Plans Now Presented by SHIBA (Statewide Health Insurance Benefits Advisors) Counselor Kati Corsaut: During open enrollment (Oct. 15 - Dec. 7) compare prescription drug plans to find the one best for you. Supplemental plans can change. Kati will clarify, explain, and answer your Medicare questions. SHIBA is a free, unbiased, and confidential service of the Washington State Office of the Insurance Commissioner.

Oct. 30 More Frank Pratt Mysteries Lee James, Coupeville historian, will continue a discussion started last year about the mysteries surrounding Frank Pratt. Recent explorations of Pratt’s library may reveal insights, and provide one more mystery!

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 other 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, noon

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

BROOKHAVEN 150 4th Street, Langley, WA 98260 • 360-321-1600 Meals served 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, 11:45 a.m.

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 $5/hot meal and $5/frozen meal.

MENU - OCTOBER 2019

6 Suggested donation for meals

WEEK 1

Tues 1 Stuffed Chili Potato w/Cheese
Wed 2 Three Cheese Ziti Bake
Thur 3 Brookhaven Chef’s Choice
Fri 4 Spinach Feta Casserole

WEEK 2

Mon 7 Oven Baked Ranch Chicken
Tues 8 Navy Bean Soup w/Smoked Ham
Wed 9 Oktoberfest: Cabbage Rolls
Thurs 10 Brookhaven Chef’s Choice
Fri 11 Tuna w/Cheese Casserole

WEEK 3

Mon 14 Mushroom Herb Chicken Thighs
Tues 15 Tomato Bisque & Grilled Cheese Sandwich
Wed 16 Open Faced Turkey Sandwich
Thurs 17 Brookhaven Chef’s Choice
Fri 18 Beef & Broccoli Stir Fry

WEEK 4

Mon 21 Crispy Fish & Chips
Tues 22 Vegetable Quiche
Wed 23 Pork & Yam Bake
Thurs 24 Brookhaven Chef’s Choice
Fri 25 Chicken Pot Pie w/Crusty Topping

WEEK 5

Mon 28 Scalloped Potatoes w/Ham
Tues 29 Our Favorite Reuben Sandwich
Wed 30 Halloween Ghoulish Goulash
Thurs 31 Brookhaven Chef’s Choice

Due to rising costs, effective April 1, the suggested donation for community meals will be $6/meal. Meals on Wheels suggested donation will be $5/hot meal and $5/frozen meal.
OAK HARBOR SENIOR CENTER
For more information, call the Front Desk, 360-279-4580

MYSTERY LUNCHES
Thursday, October 17
Tuesday, November 12
Wednesday, December 18
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, Laurenne, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometimes there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

OCTOBER

EBEY’S LANDING BLUFF TRAIL
Tuesday, October 8
Hike Departs 9:30 AM
Transportation not included
Member: $14 • Non-Member: $18
Meet us at the Ebeys Landing Bluff Trail parking lot! Discover pass or fee required in parking lot or parking along the road for a moderate hike along Whidbey’s beautiful waterfront. We will take the 3.5 mile bluff/beach loop trail with an elevation gain of 260 ft. After the hike we will enjoy a picnic lunch on the beach.

WATER LANTERN FESTIVAL
Saturday, October 12
3:30 PM – 11 PM
Member: $85 • Non-Member: $100
You will get the opportunity to take in the wonder of hundreds of lanterns floating on Seattle’s Green Lake. Upon arrival, you can enjoy treats from several food trucks and music in this fair type atmosphere. Cost includes transportation, festival entrance, floating lantern, marker to decorate lantern, and commemorative drawing bag.

IKEA AND UWAJIMAYA
Tuesday, October 15
8 AM – 5 PM
Member: $45 • Non-Member: $55
Our first stop will be at Uwajimaya in Renton where we can shop for Asian foods, kitchen items, and more. We will then visit the new remodeled REA with two levels to shop and a new large restaurant. A relaxing enjoyable day!

HIKING SOUTH WHIDBEE STATE PARK
Friday, October 18
10 AM – 2:30 PM
Member: $22 • Non-Member: $26
Lets enjoy a 3.2 mile hike along the Wilbert Trail located in South Whidbey State Park where we will see ancient cedar trees and many other beautiful old growth forest trees. Before returning we will stop for a no host lunch. Please note the hike will go regardless of weather and includes walking on uneven surfaces, uphill, and steps. Cost includes guided hike and picnic lunch. Transportation is not included.

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.

OCEAN SHORE GETAWAY
Wednesday, October 23 – Thursday, October 24
Member Per Person:
Double, $225 • Single, $285
Non-member Per Person:
Double, $270 • Single, $340
Head over to Ocean Shores with us where you can test your luck at the Quinault Beach Resort and Casino, enjoy the resort’s fine facilities, and take a stroll around town or along the ocean beach. For those who want to explore Ocean Shores, get a bite to eat, sight-see, and shop there will be transportation available and for those who want to win big there will be plenty of time to enjoy the casino. Cost includes transportation, one-night stay in ocean view room at Quinault Beach Resort and Casino, dinner buffet (10/23), and breakfast voucher (10/24).

BRITISH PANTRY
Tuesday, October 29
8 AM – 5 PM
Member: $45 Non-Member: $55
Let’s shop at the British Pantry, an English inspired store, bakery, gift shop, and café! Here you will find one of a kind British foods and gifts. We will have lunch in their café which features delicious fish & chips, ploughman’s, shepherd’s pie, sausage rolls, and pasties. Before returning home there will be an optional stop at Ben Franklin’s Crafts and Trader Joe’s.

IF YOU WANT TO ORDER A RING CALL US AT 360-675-8239

NOVEMBER

SILVER REEF CASINO
Monday, November 4
9 AM – 9 PM
Member: $53 • Non-Member: $40
Head up north with us to the Silver Reef Casino where we can play slots, tables, and enjoy a delicious buffet lunch or one of their many lunch options.

HISTORY OF SEATTLE LUNCH CRUISE
Wednesday, November 6
8:30 AM – 4:30 PM
Member: $110 • Non-Member: $130
Explore the history of our beautiful Pacific Northwest on a Waterways Cruise around Lake Union. While cruising, we will indulge in an extraordinary lunch of creative and delicious dishes and flavors of Settle’s Pike’s Place Market. A fun, relaxing day! Space is limited, please sign up by October 18.

FRASER DOWNS
Monday, November 11
9:30 AM – 6:30 PM
Member: $80 • Non-Member: $95
Watch the harness horse races at Fraser Downs while enjoying a delicious brunch buffet. If you are feeling lucky, place some bets and see how you do! Price includes transportation and buffet. Space is limited, sign up soon to assure your spot.

PACIFIC CULINARY SCHOOL
Monday, November 18
8:30 AM – 5:30 PM
Member: $100 • Non-Member: $120
Who is ready for a gourmet lunch? We are returning to the Pacific Institute of Culinary Arts in Vancouver B.C. where we will enjoy a special holiday inspired 3-course meal prepared by the students. There will be delicious desserts and pastries available for purchase that you can enjoy after your meal or on the bus ride home! Also, we will have a brief time to shop the market at Granville Island before returning home. Price includes transportation and lunch.

ALDERWOOD MALL
Thursday, November 21
8 AM - 5:30 PM
Member: $40 Non-Member: $48
Our semi-annual trip to the mall is an opportunity to pick up holiday gifts or enjoy shopping at Nordstroms, REI, J Jill, and the new Soft Surroundings. Relax with a no host lunch, then hop on our bus to visit World Market. Don’t forget to pick up some Cinnabon cinnamon rolls, always a treat!

KING ARTHUR BAKING CLASS
Saturday, November 23
8 AM – 3 PM
Member: $110 • Non-Member: $130
Do you enjoy eating great bread? We will have a hands-on class making small breads at the King Arthur Baking School in Burlington! This 3-hour class will teach you the basics of bread making, including yeast, shaping, and baking.

Support & Guidance in your time of sorrow
We provide complete funerals, cremations and memorial services, helping you handle all the details of your loved one’s final arrangements with the utmost care and dignity.

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Complimentary investment review.
Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Our culture confuses beauty and glamour. They are different. Glamour sells, whereas beauty inspires. Britney Spears may sell but Vanessa Redgrave inspires. Glamour is flawless whereas beauty can be centered in the very flaws of a thing, of a person, but Vanessa Redgrave’s beauty inspires. Glamor is about more than face and hair and glamorous young people suddenly am I over 55. And today, the day after my birthday, I called me “sir.” And then today I received a letter from AARP. Hmm. Today, someone at a shop cash register dutifully asked me if I was over 55. I mean, it was their job to ask – part of their script. One gets a discount. She said it on autopilot while reaching to remove the tag. And in all fairness, I get it. I look old and tired; so, the question could not have been more appropriate. I no longer even get the age question when buying a letter from AARP. Hmm. It all sent me to the mirror. The bathroom mirror with all the bright lights… not the nice room mirror of one’s ashes. Making imposing, varicose-veined and prematurely immure, premature- varicose-veined and prematurely immure. Until yesterday, I was not over 55. And today, the day after my birthday, I am over 55. Being over 55 is a part of our culture is a thing. With it comes privileges (mostly in the form of discounts, which are pleasant) and glamorous young people suddenly calling me “sir.” And then today I received a letter from AARP. Hmm. Take a deep breath and think about:

- What do you need to get done before the radical shift in the weather that likely arrives in October?
- What experiences do you want to make time for ahead of the holidays e.g. excursions or connections with friends and family?
- How do you want to engage with your community? What aspects of your community do you want to explore? What are you volunteering for? How can you contribute to the well-being of our community?

Each new season is an opportunity to re-focus. What will you be doing to make this autumn special for you and others you care about?

Our locations:
- Island Senior Resources (Bayview)
- Oak Harbor Senior Center
- Camano Center

For more information call: (360) 321-1600 or (360) 678-3373
www.12daysofwhidbey.com
~ Beauty's Becoming - A Meditation on Gain and Loss ~

Day 1 - Cook It Up in the Kitchen
Day 2 - Reader’s Treasury
Day 3 - Snuggle Into Warmth
Day 4 - Spa Day
Day 5 - Fun on Whidbey
Day 6 - Sports in Style
Day 7 - Garden Dreaming
Day 8 - Caffeinated Whidbey
Day 9 - Let’s Go on a Picnic
Day 10 - That’s Italian
Day 11 - Northern Exposure
Day 12 - Oak Harbor Giving Tree

Tickets Available At
Oak Harbor Senior Center (Mon., Wed., Fri. at lunchtime in the dining room)
Bayview - Island Senior Resources, Freeland - Senior Thrift, More locations to come!

Winner will be posted online at: www.facebook.com/islandseniors
*Winner’s will be notified and need not be present to win.

www.12daysofwhidbey.com
END OF LIFE DISCUSSION SERIES

Compassion and Dignity Every Moment of Life by Hospice of the Northwest. Brought to you by Island Senior Resources/Aging and Disability Resources and Sno-Isle Library. Two sessions remain in this 5 part series but anyone can still join in.

Thursday, Oct. 3 & 10 • 1–3 p.m.
Freeland Library, 5495 S Harbor Ave
Oct. 3: After Death: What are your choices for burial, cremation, and green options?
Oct. 10: Grief and Loss - How does grief manifest? Self-care, and support resources

PANCAKE BREAKFAST TO SUPPORT MEALS ON WHEELS

Saturday, Oct. 26 • 9 – 11 a.m.
Island Senior Resources (Bayview)
14594 SR 525 Langley, WA 98260
Learn to better manage medications, make decisions yourself, communicate more effectively, healthy eating and adding activities to your life.

Donations gladly accepted. Suggested donation $5 each person
Join in a great breakfast of pancakes, scrambled eggs, sausage links, fresh fruit, juice, milk, coffee or tea. (Gluten free links and pancakes too)
Try your luck to win a raffle basket of chocolate, pancake breakfast, coffee time or tea time (raffle tickets $2 each)
Call 360-321-1600 or 360-678-3733 with any questions.

CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOP

Wednesdays

Oct. 16 - Nov. 20 • 1-3 p.m.
Island Senior Resources (Bayview)
14594 SR 525 Langley, WA 98260
Learn to better manage medications, make decisions yourself, communicate more effectively, healthy eating and adding activities to your life.

Registration required. Call 360-321-1621 to register or email Debbie Metz at debbiem@islandseniorservices.org

READY TO LEND A HAND?

Do you have four hours a week that you’d like to spend volunteering to help others? Senior Thrift in Freeland needs your help!

Be a cashier, or help with housewares, sporting goods, hardware, arts & crafts, Christmas, clothing, or seasonal items. Every item sold helps Island Senior Resources support seniors, adults with disabilities, and those who care for them. All volunteers at Senior Thrift receive 25% off their purchases.

Please stop by the store, 5518 Woodward Ave., Freeland, and pick up an application.

If you know of someone doing something special for seniors, adults with disabilities, or caregivers, let us know. Email us at: feedback@island, seniorservices.org.

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Sla’inte Mhor! To Your Health!
Story and photo by Jessica Kapilo

Six years ago, Kathy Parks was like many older adults. She owned a restaurant for years and loved singing in her church choir. After closing the restaurant, she had too much free time on her hands. Little did she know, a strange find at a garage sale would change the course of her life.

Kathy came across a copper washtub with a cone on top and a coil leading to a barrel. It was old, unusual, and she found it incredibly interesting. It was a moonshine still from the 1930s. Kathy decided she could learn to distill and purchased it.

She faced one roadblock after another. In post-Prohibition America, distilling is highly regulated. Home distilleries are illegal, and it takes years to receive the proper permits to become a legal distillery. Kathy had no idea where to start.

A friend from choir suggested Kathy call local distiller “Zymurgy Bob,” author of “Making Fine Spirits,” to teach her how to use her new still. Bob agreed, but a lead test revealed the old copper still wasn’t safe to use. This discovery didn’t deter them; they set to work constructing new stills.

Two years, and 2.8 lbs. of paperwork later (she actually weighed it), Kathy had her distillery.

Today, at 76 years old, Kathy Parks is the oldest female distiller in the United States. Her operation is hidden away on Cultus Bay, right by the dock. People sometimes come for tours and tastings by boat. At Cultus Bay Distillery, each sip tells a story. For those lucky enough to know about this hidden Whidbey Island treasure, those stories are embedded in each bottle.

A tour and tasting with Kathy is unlike any other experience. Kathy’s eyes light up as she darts around the 200 square foot space, each tale unfolding into the next as she demonstrates how each piece of equipment works. She lovingly describes every step, pausing just long enough to tell you to smell or taste something new. “Sla’inte Mhor! It means ‘to your health!’ Sip it, don’t shoot it. And then tell me what you taste.”

Kathy takes care to use the most sustainable practices possible. The distilling process requires a large amount of water for cooling, so she’s built a heat exchanger that recycles water for reuse. She also buys local. The bottles come from Seattle, labels are printed at Sound Publishing in Freeland, and the grain is grown in Skagit Valley. The mash left over after the barley is crushed and heated is eaten by sheep. Kathy hopes to one day use peat harvested from the island.

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
VOLUNTEERISM

continued from page 1

Who runs the neighborhood and condo associations? Who cleans the beaches and roadways? Volunteers, volunteers, volunteers!

Here on Whidbey, there is no shortage of opportunity, but sometimes there is a shortage of people filling those opportunities. We are an aging community: retirees are great volunteers, but at some point, retirees age out from providing services to needing services. On our island it’s up to each of us to help create a social climate of volunteerism. What would you like to do this fall?

Here’s a personal inventory to help you sort your availability and interests.

1. Can you be available on a regular basis, on-call, or one-time? How many hours at a time?

If you can be available regularly, you could drive for Meals on Wheels, or spend the day at Time Together, or help out at Senior Thrift. You could tutor or mentor students in need of a little additional help. On-call, you could join beach litter pick-up teams, take folks to medical appointments, join the land trust in restoring habitat, removing invasive plants, weeding and watering. One-timers can respond to special requests and spontaneous needs.

2. What skills do you bring, or want to develop, through volunteering?

Volunteering is a way to explore our own interests. The Outdoor Classroom trains instructors for the school nature programs offered on-site. The school gardens need additional adults to help students tend the beds. If you sew or knit there is always need for blankets, hats, mittens, scarves, for piecing quilt fabric, and helping another one improve these skills. We are an island abundant full of non-profit organizations (more than any other county in the state)! This means we are an island in need of board members! Whatever cause you want to support—senior services, animal welfare, the future of our island landscape, children’s programs—there are boards of volunteers helping to direct these essential aspects of island life. Join a board and offer what you can—they need you.

3. Can you drive?

Some folks just love being behind the wheel. Driving is a great way to help in the community. Folks need to get to and from medical appointments. Or you could drive folks shopping who no longer drive for themseves. Island Senior Resources needs you.

4. What physical limitations do you need to take into consideration?

Be aware of your limitations and don’t hurt yourself in service to volunteerism! Maybe it’s not your role to haul heavy wheelbarrow loads out of a conservation project, or pull scotch broom out of the roots, but you could provide snacks and weed smaller plants.

5. What would really excite you to do?

Miss kids? There are plenty of young people to spend time with: call The Hub or other after school programs, be a reader at the library, offer crafts classes. Like to listen to generational stories? Curious about older people? There are many opportunities to engage seniors and learn from their experiences, call Island Senior Resources for suggestions.

6. Who might volunteer with you?

I know a couple who volunteer to drive weekly and then have coffee together, making volunteering into a little “date.” There are book groups that clean road-sides together, and friends who work at WICA together so they can talk about the performances they’ve enjoyed. Busy? Many of us are; but as autumn schedules shift into action, we can help sustain our sense of the island as a good community for all when we volunteer!

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.”

• Why Volunteers Live Longer According to Science
• Midlife Entrepreneurs Share the Secrets to Their Success
• Meet the Next Generation of Entrepreneurs. They’re All Over 65
• As Robots Take Our Jobs, We Need Something Else. I Know What That Is!

HEALTH continued from page 10

Cultus Bay peat bog, up the road from her distillery, to produce her pot-stilled Islay-style Scottish dark whiskey.

Kathy doesn’t just make whiskey; you can smell the juniper in her traditional London Dry Gin, and her award-winning vodka, Te Absolvo, tastes so good you may actually feel your sins are forgiven.

When asked how long it takes to make any of the spirits, Kathy’s response is simple and succinct, “We leave it till it’s ready.”

Kathy knows she isn’t what most people think of when they think, “entrepreneur,” but she’ll argue that making alcohol isn’t a young person’s game.

“When we’re young, we often drink to get drunk; as we get older, we develop a certain taste, and when we drink, we want to know where it comes from.” Kathy believes it’s very important for older adults to try new things. Her advice to fellow “senior entrepreneurs” is to “just keep moving.” She says it will be harder to change your mind, it’ll probably cost more than you think, and people might not help you because they don’t take you seriously. She’ll also tell you it’s worth every struggle to accomplish something your younger self may never have thought possible.

For a tour or tasting, contact Kathy, 360-579-5632 or visit www.cultusbaydistillery.com.