Carly’s Holiday Tradition: Ginger Bread Houses

By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

One of my fondest holiday memories when I was a kid was going over to my great-aunt’s house and making ginger bread houses. The unique thing about this memory was that my great-aunt did not give us ginger bread kits to build but instead, she had us make the dough, put it in a mold, and bake it in the oven. The reason for this was that my great-aunt wanted to teach me and my siblings about starting from nothing and creating our vision. She agreed with us that kits would be easier, but she showed us that the had work put into making our dough and creating our own walls would be more appreciated and worth it.

After making the gingerbread dough, we would put it in the oven and let it bake. While we waited for the gingerbread to bake and cool, our great-aunt would set up a proper tea party for us kids and we would indulge in herbal tea, finger sandwiches, fruit, cheeses, and baked treats. This not only made the wait time pass quickly, but also taught us lessons of being polite, a good hostess, and how to engage with others socially.

“Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy.”
~ Francis Pharcellus Church, 1897

Simple Wishes

By Christina Baldwin
Board Member, Island Senior Resources

Dear Santa,

It’s been a long time and I hope this letter finds you well. You are way older than me and I know how hard it is to be old. I last sat on your lap in 1945. The big war was just over. Everybody was excited to have a “peace-time Christmas.” I was ten years old and didn’t really believe in you anymore, but Mom made me pose for the picture because my little brother and sister were still true-believers and she wanted all us kids in the photo.

That was at J.C. Penny in Spokane. I had brown hair with short bangs, cut crooked because I did it myself. That was also the year I brought my best friend, Howie Bernstein, with me. He was the sweetest boy in fourth grade. He wanted a train set and asked if you would come to a Jewish boy’s house.

You smiled and said, "If you light your candles during Hanukkah, good things"
Member Spotlight: Betty DiOssi

By Jade Brown, Program Assistant, City of Oak Harbor Senior Services

Betty DiOssi was born in Wilmington, Delaware. Betty has traveled many places, she lived in New York and California, she now resides in Oak Harbor. She came to Oak Harbor because she got sick and her daughter wanted her to be closer to her.

While living in New York Betty attended Juilliard for a year. One of her favorite memories is her Juilliard audition, for her audition they gave her a list of things that she had to perform, she had to sing songs in multiple languages. After Juilliard Betty got married, she married an Italian man. She said, “my boyfriend was my husband.” Betty and her husband met when they were just 15, she met him through a girlfriend who was her neighbor. He came to visit a friend of her neighbors and they all used to get together at Betty’s house. After talking for a while, he asked Betty for her phone number and from there, their relationship began to develop. Betty and her husband were married twice, once by the justice of the priest. Then another time Betty was talking to a priest and he asked if she had been married and she told him yes and how it happened, the priest then said that he wanted to marry them for real in a church, and so he did. Another memory that she has is singing The Star-Spangled Banner on live tv for the campaign opening of President Eisenhower.

Betty is a warm, friendly face here at The Center, she volunteers here at the front desk, comes to lunch Monday, Wednesday, and Fridays, and attends most events put on by The Center. Some advice that Betty has for her peers is “to show warmth and be more compassionate to others.” Now if you have not met Betty, if you are ever at The Center sit down and talk to her, she has wonderful stories to tell and is the true definition of class.

Betty at High Tea

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

Please note NEW DATE and LOCATION
Tuesday, Dec. 17, 1–3 p.m.
Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor
All are welcome to attend.
For more information about W.I.G.S. visit www.whidbeygensearchers.org

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Matthew Hudson
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haircutterbyh@msn.com
Oak Harbor, WA 98277
haircutterbyh.com

Historic Downtown Oak Harbor
HOLIDAY SCHEDULE
GREEN TICKET CASH GIVEAWAY NOVEMBER 1 - DECEMBER 21
HOLIDAY WINDOW DECORATING CONTEST NOV 23 - DEC 14
VOTE FOR YOUR FAVORITE TOY SOLDIER NOV 25 - DEC 20
SMALL BUSINESS SATURDAY NOVEMBER 30 (DOUBLE GREEN TICKETS)

Betty on the Diablo Dam Trip

Oak Harbor Senior Center, 360-279-4580
Once the bread pieces were baked and cooled, we were ready to make the frosting to bind our construction together. We then began to build, shape, and create our houses. Once our foundation was stable, we would start to decorate our houses with bright candies and frosting. Each one of our houses turned out very different and unique. At the end of the day, we were all greatly satisfied with our creations and ready to show them off to our parents. Once we got home my siblings were ready to sample their house and enjoy the sweet treats along with the flavorful gingerbread walls. I on the other hand, did not want my hard work destroyed! Instead of indulging in the house, I kept mine in a safe place to be viewed all winter long. The memories of making gingerbread houses bring smiles to my face and as I get older, I realize more and more that the day wasn’t focused on teaching us about how to make houses out of food, but instead focused learning life lessons of patience, diligence, teamwork, and appreciation. As a result of these fond memories, gingerbread houses have always had a special part in my life and taught me some valuable lessons!

Jade’s Holiday Tradition: 5 Minute Fudge
By Jade Brown Program Assistant Oak Harbor Senior Services

My family has many holiday traditions that we continue to carry out through the years. Some traditions include, going to the tree farm to cut down our tree, waking my brother up at 5 a.m. Christmas morning to run down the stairs and open our stockings, we were never aloud to wake my parents up until tea and coffee had been made. Or every Christmas we have breakfast at my grandma’s house with homemade crepes and mimosas. With the whole family in town we decorate our house for Christmas the day after Thanksgiving, after our Black Friday shopping of course.

But every year starting in November the holiday baking starts. We make everything from sugar cookies, shortbread, and my favorite, fudge! This fudge recipe is from my grandma, she made it with my mom when she was a kid. My mom and grandma both then made it with me. It is the easiest fudge recipe that I have ever tried, we call it 5 Minute Fudge, but it definitely takes more than five minutes to make.

This 5 Minute Fudge may take more than five minutes, but it is very easy to make. I remember making this fudge with both my grandma and my mom. Every year we make this fudge in batches, in school I used to bake treats for all of my friends instead of buying gifts and the fudge was always a hit. When I want away to college it became a tradition with my roommates to make this every year at Christmas time. Now I am of buying gifts and the fudge was always a hit. When I want away to college it became a tradition with my roommates to make this every year at Christmas time. Now I am of buying gifts and the fudge was always a hit. When I want away to college it became a tradition with my roommates to make this every year at Christmas time. Now I am of buying gifts and the fudge was always a hit.

Win Some Wood!
Dry, split, and about 16 inch long
2 lucky people will win half a cord each. Must pick up. Must be a member of the Oak Harbor Senior Center to win.
Enter to win at the Oak Harbor Senior Center. Winners will be announced Monday, Dec. 16.
CLASSES and EVENTS
at Oak Harbor Senior Center

HOLIDAY BAZAAR
Saturday, Dec. 7 • 9 a.m. – 2 p.m.
Come shop at the Oak Harbor Senior Center! There will be over 30 vendors, a bake sale, and Frito Chili Pie.

HOLIDAY LUNCH
Tuesday, Dec. 17 • 11:30 a.m.
Members: $10, Non-Members: $15
Ticket includes a catered lunch, special performances by the Line Dancers, the Clogging, and holiday sing-along led by Whidbey singer and guitar player Mel Birch! Contact the center for tickets!

WIRE WRAP
Wednesday, Dec. 18 • 10 a.m.
The wire wrap group meets regularly Thursday evenings at 7 p.m. However, the third Wednesday of the month, there is a meeting at 10 a.m. This is a great time to learn about wire wrap or bring your project to work on. Hope to see you Dec. 18!

OHHS JAZZ BAND
Friday, Dec. 20 • 11 a.m.
The Oak Harbor High School Jazz Band is returning! Come enjoy the amazing music.

WIRE WRAP
Wednesday, Dec. 18 • 10 a.m.

Season’s Greetings
During this holiday season, we wish you all the best.

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 Lungren
1592 Main Street
360-341-4556

OAK HARBOR
Gene Kelly Barner
144 NE Ernst St Suite C
360-675-8239
River Powers
380 SE Pioneer Way, Suite 102
360-675-8239
Eric L Schelling
715 SE Fidalgo Ave, Ste 103
360-679-2527
Gregory A Smith, AAMS®
275 SE Cabot Dr A7
360-679-2304

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Edward Jones
MAKING SENSE OF INVESTING

Oak Harbor Senior Center, 360-279-4580
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Quilting</td>
<td>9 Billiards</td>
<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>8:30 Tai Chi</td>
<td>Ping Pong</td>
</tr>
<tr>
<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>9:45 Enhance Fitness</td>
<td>9 Billiards</td>
<td>9 Quilting</td>
<td>Billiards</td>
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<tr>
<td>9:45 Enhance Fitness</td>
<td>10 Wire-Wrap (3rd Wednesday)</td>
<td>10 Creative Writing (resumes in January)</td>
<td>10 Creative Writing</td>
<td>9:45 Enhance Fitness</td>
<td>Pinochle</td>
</tr>
<tr>
<td>11:30 Duplicate Bridge</td>
<td>11:30 Duplicate Bridge</td>
<td>10 Walking Club</td>
<td>11:30 LUNCH</td>
<td>11:30 LUNCH</td>
<td>10am-1pm: Pickleball</td>
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<tr>
<td>11:30 LUNCH</td>
<td>12 Party Bridge</td>
<td>11 Mah Jongg</td>
<td>12:30 Pinochle</td>
<td>12:30 Pinochle</td>
<td>12:1pm: Beginner Pickleball (First Saturday only)</td>
</tr>
<tr>
<td>12:30 Ping Pong</td>
<td>11:30 Lunch Served</td>
<td>1 Mexican Train</td>
<td>12:30 Line Dance</td>
<td>12:30 Line Dance</td>
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</tr>
<tr>
<td>1:00 Art with Ivy</td>
<td>11:30 Lunch Served</td>
<td>1 Reiki Treatments</td>
<td>1 Parkinson Support Group</td>
<td>1 Parkinson Support Group</td>
<td></td>
</tr>
<tr>
<td>1 Back to Knitting (1st &amp; 3rd Monday)</td>
<td>12:15 Whidbey Prime Time Players</td>
<td>1 History Class (resumes Jan. 9)</td>
<td>7 Country Dance</td>
<td>7 Country Dance</td>
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</tr>
<tr>
<td>2:30 Parkinsonics Singing Group (1st &amp; 3rd Monday)</td>
<td>2 Caregiver Support (2nd Thursday)</td>
<td>2 Caregiver Support</td>
<td>6:30 Old Time Fiddlers (1st Friday)</td>
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<tr>
<td>2 Clogging</td>
<td>2 Caregiver Support</td>
<td>2 Caregiver Support (4th Wednesday)</td>
<td>2 Caregiver Support (2nd Thursday)</td>
<td>2 Caregiver Support (2nd Thursday)</td>
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<tr>
<td>5 Tai Chi</td>
<td>2:30 S.A.I.L.</td>
<td>4 Pickle Ball</td>
<td>2:30 S.A.I.L.</td>
<td>2:30 S.A.I.L.</td>
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<td>8:30 Yoga</td>
<td>8:30 Yoga</td>
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<td>8:30 Tai Chi</td>
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</table>

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

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

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

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OAK HARBOR SENIOR CENTER
For more information, call the Front Desk, 360-279-4580

MYSTERY LUNCHES
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, Laurane, will be sure to take you on a delightful afternoon to an unclassified 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 restaur-ants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

DECEMBER

SUNDAY BRUNCH AT CHUCKKANUT MANOR
Sunday, December 8
10:15 AM - 2 PM
Member: $48 • Non-Member: $58
Member: $70 • Non-Member: $85
Includes transportation, brunch, coffee and tea, and first glass of champagne.
Our annual Christmas brunch will be at our favorite location, Chuckanut Manor. Come and enjoy the endless variety of enticing goodies, prime rib, eggs Bened-ict, fresh cream cakes and more! Santa and Mrs. Claus might make an appearance so let’s put on our festive shirts and join Laurane for this holiday celebration.

THE NUTCRACKER
Saturday, December 14
8:45 AM - 7 PM
Member: $145 • Non-Member: $170
See the classic Christmas ballet The Nutcracker, presented by the Pacific Northwest Ballet in the beautiful McCaw Hall. This 2.5-hour production is a must-see event during the holiday season. We will stop for a no-host lunch prior to the show.

LIGHTS OF CHRISTMAS
WARM BEACH
Thursday, December 19
3:30 PM – 9:30 PM
Member: $54 • Non-Member: $58
The amazing display at Warm Beach in Stanwood features over one million lights spread across 15 acres. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, food, and holiday shopping. (Please note: cash is preferred at food vendors).

TULALIP CASINO OR OUTLET MALLS
Monday, December 16
9 AM – 3:30 PM
Member: $50 • Non-Member: $56
This Vegas style casino offers spectacular gaming and dining options with over 1,200 slots to choose from and American inspired lunch buffet. Let’s try to win big this time!

2020

Tom Primavera OTR/L has been treating upper extremity injuries for over 30 years. Your hands could not be in better hands!

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NOW ACCEPTING PATIENTS IN LANGLEY!
Tom Primavera OTR/L has been treating upper extremity injuries for over 30 years. Your hands could not be in better hands!

Guys and Dolls
Saturday, January 18, 2020
9:30 AM – 5:30 PM
Member: $117 • Non-Member: $140
Considered by many to be the perfect musical comedy, Guys and Dolls is a treat full of romance, laughs, and irresistible charm. This Broadway production has...
been a crowd pleaser since 1950! We will have a no-host lunch at Anthony’s Woodfire Grill prior to the show at Everett Village Theater.

STUNT DOG
Saturday, March 14, 2020
10 AM - 5 PM
Member: $55 • Non-Member: $65
Cheer on furry friends from animal rescue nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy show. We will stop for a no host lunch prior to the show at Mt. Baker Theater in Bellingham.

JERSEY BOYS
Saturday, April 18, 2020
10 AM - 6 PM
Member: $158 • Non-Member: $188
Go behind the music and inside the story of the Jersey Boys. Space is limited, must reserve your spot by December 31.

EXTENDED TRAVEL

ROME & THE AMALFI COAST
May 2 - 11, 2020
Double: $4,499 • Single: $5,299
Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the Colosseum, discover the ruins of Pompeii, and discover the mountaintop monastery of Montecassino! Includes ground and air transportation, and 13 meals.

SPOTLIGHT ON NEW YORK
October 15 - 19, 2020
Double: $2,999 • Single: $3,799
Visit America’s most exciting city, New York City, explore the 9/11 Memorial and Museum, experience two Broadway shows, embark on a voyage to the Lady Liberty, join a local guide for tour of New York City’s time-honored landmarks, and enjoy breakfast at the famous Ellen’s Stardust Diner featuring singing waitstaff on this 5 day tour. Includes air and ground transportation and 5 meals.

HAPPY HOLIDAYS!

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MEDICARE 2020
Medicare's open enrollment runs from until 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! These sessions are identified below as Medicare 2020.

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 seminar. 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).

OAK HARBOR SENIOR CENTER
51 SE Jerome St, Oak Harbor
Tuesday, Dec. 3 • 4 p.m.
Thursday, Dec. 5 • 1 p.m.

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare 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: Tuesday • Call 360-279-4580 to schedule an appointment.
WhidbeyHealth Medical Center: Wednesday • Call 360-678-5151 to schedule an appointment.
Island Senior Resources: (Bayview): Fridays • Call 360-327-1600, 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.

**Island Senior Resources (Bayview) - TUESDAYS, 12:30 P.M.**

Lunch (optional) will be served 11:30 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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 3</td>
<td>Gathering the Traditions of the Winter Holidays</td>
</tr>
<tr>
<td>Dec. 10</td>
<td>I Recall: Our past experiences of holiday giving and receiving and share how these have influenced our lives, relationships, and traditions. Feel free to bring a photo, picture or poem that reflects holiday memories for you.</td>
</tr>
<tr>
<td>Dec. 17</td>
<td>The Spirit of the Season</td>
</tr>
<tr>
<td>Dec. 24</td>
<td>No Lunch &amp; Learn today – Island Senior Resources (Bayview) is closed</td>
</tr>
<tr>
<td>Dec. 31</td>
<td>No Lunch &amp; Learn today – will return Jan. 7, 2020</td>
</tr>
</tbody>
</table>

**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: 360-678-0636, bigriskdesigns@whidbey.net.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 4</td>
<td>Bingo</td>
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<tr>
<td>Dec. 11</td>
<td>THE SARATOGA SIRENS</td>
</tr>
<tr>
<td>Dec. 18</td>
<td>Travel in 2020</td>
</tr>
<tr>
<td>Dec. 25</td>
<td>Happy Holidays – No lunch, no presentation</td>
</tr>
</tbody>
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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, 11:30 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 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, 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 $6/hot meal and $5/frozen meal.

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**MENU - DECEMBER**

 учное 

**WEEK 1**

| Mon  | 2 | Fish Sandwich w/Lettuce |
| Tues | 3 | BLT Wrap & Soup of the Day |
| Wed  | 4 | Vegetable Lasagna w/ Caesar Salad |
| Thurs| 5 | Brookhaven Chef’s Choice |
| Fri  | 6 | Curry Chicken w/Cabbage & Rice |

**WEEK 2**

| Mon  | 9 | White Chicken Chili w/Veggies |
| Tues | 10 | Pepperoni or Veggie Pizza & Salad |
| Wed  | 11 | Pesto Shrimp Pasta |
| Thurs| 12 | Brookhaven Chef’s Choice |
| Fri  | 13 | Ham & Potato Bake |

**WEEK 3**

| Mon  | 16 | Maple Glazed Chicken |
| Tues | 17 | Butternut Squash Soup w/Half Sandwich |
| Wed  | 18 | Holiday Meal - Honey Pecan Pork Loin |
| Thurs| 19 | Brookhaven Chef’s Choice |
| Fri  | 20 | Beef Stuffed Shells |

**WEEK 4**

| Mon  | 23 | Chicken Fried Steak w/Gravy |
| Tues | 24 | Holiday Meal Sites Closed |
| Wed  | 25 | Holiday Meal Sites Closed |
| Thurs| 26 | Brookhaven Chef’s Choice |
| Fri  | 27 | Hungarian Pork Paprika |

**WEEK 5**

| Mon  | 30 | Chicken Divan w/Broccoli & Rice |
| Tues | 31 | Half Reuben Sandwich |

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FROM THE EXECUTIVE DIRECTOR

What brings you joy during the holidays?

By Cheryl Weiss, Executive Director, Island Senior Resources

Several years ago, members of our extended family were contemplating the winter holidays and shared our imaginations about how nice it would be if we were caroling along Langley. We found some small books full of traditional carols and chose a day to spend an hour in what turned out to be a very cold, clear winter’s day to just meander through Langley singing carols. We had a wonderful time, surprised a lot of the locals and spent some time afterward with hot drinks and treats. It’s a lasting memory and brought us joy and hopefully a little joy to others.

What brings you joy in the holidays? The holidays have a way of bringing joy or bringing sadness. Isolation during the cold and wet time of the year takes its toll and may require thoughtful intervention. So, shake off the cold and reach out to friends, neighbors, family, and community.

Take time and make the effort to identify what brings you joy and set about making it happen. It may be as simple as calling old friends and wishing them a good holiday season, attending a local musical event, making your favorite holiday treat, or taking a little tour of outdoor lights and displays close by. Whatever brings you joy during the holidays, you are invited to let your “little kid self” out, play a little, and make room for a little joy this holiday season!

~ LOCAL VOLUNTEER WINS SERVICE AWARD ~

By Jessica Karpilo

“IT IS ONLY IN THE GIVING OF ONESELF TO OTHERS THAT WE TRULY LIVE.”

Ethel Percy Andrus dedicated her life to service as an educator. She was a high school principal when she learned one of her former teachers was ill and living in a chicken coop because she was without health insurance and financially strapped trying to take care of herself. She realized that this individual was not alone and founded the National Retired Teacher’s Association (NRTA) in order to help retired teacher’s secure health insurance. Just two year’s after founding the NRTA, in 1958, she expanded membership to retirees of all professions and the organization became AARP.

The Andrus Award for Community Service is named for Ethel Percy Andrus. Each year, the AARP state offices seek nominations for this incredible honor. According to AARP, “The association’s most prestigious volunteer tribute recognizes outstanding individuals age 50 and older who are sharing their experience, talents, and skills to enrich the lives of others.”

Jean Mathisen, one of our dedicated volunteer Statewide Health Insurance Benefits Advisors (SHIBA), was awarded The Andrus Award for Community Service for Washington state on Saturday, October 26, 2019 by Doug Shadel, AARP Washington State Director. Doug says the decision was based on Jean’s volunteer work for AARP Fraud Watch Network, for Island Senior Resources as a SHIBA volunteer, and other volunteer work she has done over the past year with the League of Women Voters (researching need and availability of services for homeless residents of Whidbey Island) and at her church, Trinity Lutheran.

AARP Washington was especially generous in providing Jean with the opportunity to name an organization of her choice to receive a donation of $2,000. In regard to her decision, Jean says, “I chose Island Senior Resources. My choice was guided by dozens of conversations with Whidbey Island residents in need of in-home services, financial assistance, transportation to medical appointments, healthy meals, social interactions, protective services from abuse and financial exploitation and, of course, access to the Medicare/Medicaid counseling that we offer through SHIBA. I am overcome by the honor because I am very much aware of the significant contributions made by many in our community. So much shared love! Many studies report higher levels of well-being, lower risk of dementia, improved health, and increased physical activity among senior volunteers. I am lucky to be in this place. I am truly aware of the many significant contributions each member of our SHIBA team makes to the community. Not to mention others, of whom I am not fully aware, who work with ISR and other worthy causes on the Island.”

How to Reach Island Senior Resources

For all departments and staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
In Home Care
Case Management
Medical Transportation/Volunteer Services

SHIBA
Senior Thrift 360-331-5701
For more information, visit www.senior-resources.org

Our Locations

Island Senior Resources (Bayview)
14594 SR 525
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.

December 2019
December 2019

HIGHLIGHTS at Island Senior Resources

JOIN US FOR A HOLIDAY MEAL

All are welcome to join in friendship and food for a holiday meal on Wednesday, Dec. 18. See the Meal Site Locations section on page 9 for hours. Please make a reservation at any meal site. Suggested donation $5 for those who can.

SANTA IS COMING!

Saturday, Dec. 14 and 21
11 a.m. – 2 p.m.

Santa is coming to Senior Thrift. Bring your camera to take pictures!

NEW INSPIRATION

Visit the new inspirations section of our website www.senior-resources.org/ inspirations-blog/ It has inspiring articles written by our staff and a library of weblinks to great articles we’ve found for you on the web.

Emergency Management App for Island County: Review

By Jessa Karpio

If you do one thing for yourself and your family today, you should download the Island County, WA Emergency Management app (to any device) from the Island County Department of Emergency Management. (Download can be found online at the Apple App store or Google Play.)

This app is packed with the features to help you prepare for all types of potential emergencies. It will ask you five brief questions and then generate a personalized emergency preparedness plan and supply list based on the number of adults, children, and pets in the household. It allows you to identify contacts you would want notified of your status in the event of an emergency, saving precious time later. It also has the current weather reports and alerts you of impending storms or other types of emergencies. A map identifies evacuation routes and can also route you to places like grocery stores, hospitals, government departments and other important locations all over Island County; and contact information for these places, allowing you to call or visit their website.

In addition, the app allows you to report incidents such as a tornado, impassable road, or wild animal. It also features multiple downloadable preparedness guides.

The app is simple to use—take some time to download it and familiarize yourself with all its features. It is so important to have a plan in place and this app can help you develop and save that plan for when you really need it.

Emergency Preparedness and Winter Weather Tips

Emergency preparedness is essential at all times, but especially in winter!

List emergency numbers and keep them by your phone. Keep Island Senior Resources number handy for help requesting assistance: 360-321-1600 or 360-678-3373

To be prepared for an emergency, keep these supplies readily on hand. If it’s too much to gather or purchase these all at once, then get a few each month until you have them all:

• Flashlight and extra batteries
• Battery operated radio with extra batteries
• Back-up power supply for any device that would create a life-threatening situation if you should lose power
• Prescription medication for at least 7 days
• Personal hygiene supplies
• Non-perishable food supply for at least 5 days (for pets too)
• Canned or dried foods
• One gallon of water per person per day for at least 5 days
• Manual can opener
• Extra blankets and warm clothing

TIPS FOR WINTER WEATHER SAFETY:

• Watch for slippery pavement. Be sure sidewalks and stairs are clear of ice and snow
• Wear boots with non-skid soles, and allow extra time to cross streets
• Wear light or fluorescent colored clothing at night and carry a flashlight
• Wear dark or solid colored clothing during the day
• Wear boots with non-skid soles, and allow extra time to cross streets
• Keep your radio tuned in when extreme weather is predicted
• Be sure space heaters are three feet from anything that might catch fire
• Winterize your car with anti-freeze, good tires and windshield wipers
• Bring your cell phone whenever you leave your home and let someone know where you are going
• Carry emergency gear in your car: first aid kit, blankets, warm clothing, jumper cables, windshield scraper, shovel, rock salt or sand, water, dried food, chains, flares, flashlight and batteries

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

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

Fun Band Every Friday

New time 10:30 -11:30

Island Senior Resources (Bayview)

12 Days of Whidbey

Tickets are still on sale. Drawings every day, Dec. 1 – Dec. 12. Each $5 ticket you buy is eligible for all drawings. Don’t miss this incredible opportunity to win a basket of wonderful gifts for you or for others. See our website www.senior-resources.org for details on each basket.

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December at Senior Thrift

STORE HOURS

Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249
360-331-5700

Donations gladly accepted from opening until 4 PM daily except Wednesdays
We have items on sale every day. See our website for full sales calendar: www.senior-resources.org/thriftstore

SPECIAL HOLIDAY HOURS

Store closes at 2 p.m. Dec. 24 & 31 Store closed Dec. 25 & Jan. 1

Saturday, Dec. 14 ………………………………………………………… All jewelry, 25% off
Dec. 15 and 16 …………………………………………………………… Christmas Garland and lights, 15% off
Dec. 19………………………………………………………………… Christmas BOXED ornaments, 15% off
Dec. 22………………………………………………………………… Christmas wrap, tins, and boxes, 15% off
Dec. 23………………………………………………………………… Christmas trees, 15% off

Wacky Wednesdays – your choice (1) item 15% off Fridays – books 25% off

ALL DECEMBER

Yellow Tags, 25% off • Pink Tags, 50% off

We have gift cards available at the registers. Gift cards are perfect gifts for the treasure hunter in your life!

Please consider donating a $1 or more with your purchase to help support our programs.
Time for a year-end investment review.

Gene Kelly Barner
Financial Advisor
Edward Jones
www.edwardjones.com
MAKING SENSE OF INVESTING

Happy Holidays from all of us at Harbor Tower Village

100 E. Whidbey Ave | Oak Harbor | 360-675-2569
www.villageconcepts.com

WEB LINKS TO INFORM & INSPIRE

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. You can also reach the links from our homepage www.senior-resources.org and click “About Us” and select “Links to Inform and Inspire.”

- 10 Ideas to Celebrate Holidays with the Elderly
- The Art of the Holiday Lunch – New Traditions for Aging
- Holiday Hints for Alzheimer’s Caregivers
- DICE Method Helps Handling Agitation & Aggression in Dementia

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