Aging in Friendship

By Christina Baldwin
Board Member, Island Senior Resources

Valentines are not just for “lovers.” Now that I have grey hair and wrinkles and the freedom this brings, I speak the word “sweetheart” when referring to my partner, my puppy, my girlfriends, my grandchildren, sometimes a stranger when we’ve dipped into story. “Take care, sweetheart,” is a catch-all phrase meaning “my heart is open to you.” Though Feb. 14 has been marketed by greeting card, florist, and chocolate companies, expressing affection is not a one-day product but a habit of the heart cultivated in daily life.

When we are very young, we are often taught to see love in a wide spectrum of relationships. We give valentines to parents, grandparents, and school chums. At courting age, we seek a special someone with whom we can make a paired life. We have friends and work colleagues and shared memberships that support our family lives. In retirement years, we reconfigure our social patterns and may change locale as well as routine.

In a recent community gathering, in a crowd generally aged 50-75, among those in the room, I counted eight widows, 18 women and five men I knew to be living alone and noticed a dozen couples in various stages of frailty and mutual care. It occurred to me again how developing and maintaining friends is a significant part of the journey of aging: we need a lot of sweethearts.

Season of Love

By Jade Brown
Program Assistant, Oak Harbor Senior Services

It’s the month of love with Valentine’s Day quickly approaching! Now, I know people have mixed feelings about this day, some people love it, and some people think why do we choose one day to show someone we love them. It also tends to be the day single people cannot stand. Or it’s considered a frivolous holiday. Now, we can all have whatever opinions we want about this holiday, but it never hurts to show your love to someone.

For those who love Valentine’s Day, embrace it and show love to everyone. Valentine’s Day doesn’t have to be just about your significant other. We can show love to friends, family, and complete strangers. In middle school and high school, we used to give out candy grams. It was always so exciting to see who received candy grams, or wonder if someone would send you one!

Now, for those who don’t necessarily enjoy Valentine’s Day. Why show your love for someone one day, when you can show love every day? Why spend outrageous amounts of money on candies when we can use our creativity to make someone feel special?

QUESTION OF THE MONTH: WHAT IS MOST SPECIAL TO YOU ABOUT LIVING ON WHIDBEY?

Lyn Gray
Freeland
“Spectacular views, amazing wildlife, and the sense of calm when you come off the ferry, but #1 is the sense of community – people are always ready to help.”

Mary
Oak Harbor
“The eagles.”

Paula Peters
Freeland
“The people and the sense of community. When we came to Whidbey, I found folks were helpful and kind. A smile and a hello from a stranger are a daily occurrence!”

Debbie Wallin
Oak Harbor
“The nature.”

Bob Wallin, 69
Oak Harbor
“The access we have to all of the beauty and beautiful beaches.”

Lynne Hunsaker
Freeland
“The feeling of community. I appreciate the kindness that I feel day to day. I’m thankful that my children witness community members looking out for each other.”

Maggie
Oak Harbor
“The natural beauty, being able to see Mt. Rainier and Mt. Baker on a clear day.”

Jennifer Pearson
Freeland
“The spirit that makes up the Whidbey community is one that constantly amazes me. People are always willing to help, to give, and to support each other.”

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www.whidbeyweekly.com
The Center in Oak Harbor

Member Spotlight: Gordy Eggett
By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

Gordy Eggett has been a member of the Center for the last few years and utilizes the billiards room almost every morning during the week. Him, along with a group of other gentlemen enjoy playing the game of pool together. Not only do they come for the competition, but also for the enjoyment of each other’s company. Gordy said, “We play for fun and enjoy the comradeship!” Interestingly, one of the other men in the group, Bob Seppi, has been friends with Gordy for 48 years. Gordy and Bob met while in the Navy together and still keep their friendship strong by spending time with each other playing pool almost every weekday morning. The Navy is also what brought Gordy to Oak Harbor in 1958. It wasn’t until 1975 that he retired in Oak Harbor from the Navy and was free to go, but he had already decided that the Island was home for him. Thirteen years after retiring, Gordy decided to move to Chelan, Washington where he had the opportunity of running the Spader Bay Resort. During this time there, he worked night and day to keep the resort running smoothly. Gordy explained how he was the manager, the maintenance man, the security, and whatever else he needed to be. This opportunity gave him a lot of experience and skills along with enjoyable times and good memories. After twelve years in Chelan, Gordy decided it was time to get back to Whidbey Island and returned to work construction and do home repairs.

Currently, Gordy is married to Charmaine and this spring they will be celebrating 9 years of marriage. They have a 17-year-old son who resides with them in Oak Harbor. As you can tell, Gordy is a fun-spirited guy who is also filled with talent and handyman skills who brings a lot of joy to the Center and those around him.

Gordy (L) and Bob (R), friends for 48 years who still play pool together

Tuesday, Feb. 18, 1–3 p.m.
Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor
Maureen MacDonald will present “1880-1900 - Fill in the Gap.”
All are welcome to attend.

For more information about W.I.G.S. visit www.whidbeygensearchers.org

Ready To Tackle New Gutters?

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Receive a $200 Best Buy Gift Card with your LeafGuard purchase!*

*All participants who attend an estimated 60–90 minute in-home product consultation and choose to make a purchase will receive a $200 Best Buy gift card. Retail value is $200.00. Offer sponsored by Englert LeafGuard, Inc. Limit one per household. Company reserves, sets, and installs seamless gutter protection. This offer is valid for homeowners over 18 years of age. The following persons are not eligible for this offer: employees of Company or affiliated companies in states, their immediate family members, previous participants in a Company in-home consultation within the past 12 months and all current and former Company customers. Gift card may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value if it deems it necessary. Gift card will be mailed to the participant via first class United States Mail within 7-10 days of receipt of promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer is subject to change without notice prior to reservation. Expires 2/29/20.

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and flowers when you can buy a cheaper bouquet of flowers any other day?
No matter what our opinions are about this day of love, I think the most important message this day brings is love, love one another. We can spend money to show love, we can use words to show love, we can use actions to show love. Is this not what the different love languages are all about? We all have different ways of showing love for others, and it’s what makes love so special. So, this Valentine’s Day, or any day of the year, remember to share love with those around you.

SEASONS continued from page 1

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NEW! HULA
Thursdays | 10 a.m.
This low impact exercise will teach you the graceful hand movements and footwork of the Hula dance. No previous hula experience is required.

BACK TO KNITTING CLASS
1st & 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.

CHESS LESSONS
Wednesdays | 10 a.m.
Learn the game of chess with a professional chess coach.

FREE TAX PREPARATION
Fridays, February through April
April by appointment
AARP will be offering free tax preparation Fridays at The Center. Be sure to make your appointment and get your taxes filed for free.

GAME DAY WATCH PARTY
Sunday, Feb. 2
Come watch the big game with us and bring your favorite game day snack to share!

NEW YORK CITY TRAVEL PRESENTATION
Wednesday, Feb. 5 | 1 p.m.
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 a tour of New York City’s time-honored landmarks, and enjoy breakfast at the famous Ellen’s Stardust Diner featuring singing wait staff during this 5-day tour. Includes air and ground transportation and five meals.

55TH ANNUAL SWEETHEART OF GEMS SHOWS
Sunday, Feb. 9 | 9 a.m. – 4 p.m.
During this 5-day tour. Includes air and ground transportation and five meals.

TRAVEL PRESENTATION
Wednesday, Feb. 11 | Noon
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## THE CENTER IN OAK HARBOR ACTIVITIES 360-279-4580

### MONDAY
- 10 Quilting**
- 11:30 Lunch Served
- 1 Mahjong
- 1 Intermediate Live Dancing
- 2 Beginner Line Dancing
- 8:45 Tai Chi Wu Style
- 9 Foot Clinic – call 360-341-3210 for appointment
- 10 Time Together*
- 10:30 Ukulele with Talia
- 11:30 Lunch Served
- 12:30 Lunch & Learn
- 2 Community Jam Session

### TUESDAY
- 10 Quilters & Crafters
- 11:30 Lunch Served

### WEDNESDAY
- 11:30 Birthday cake and Party (all are welcome)

### THURSDAY
- 11:30 Lunch Served
- 10 Time Together*

### FRIDAY
- 10 Time Together*
- 10:30 Fun Band

### SATURDAY
- 11 Israel’s Circle Dance

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

Call Island Senior Resources for instructor contact numbers and information.

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

www.senior-resources.org

### MONDAY
- 9 Quitting
- 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

### TUESDAY
- 9 Billiards
- 9:45 Enhance Fitness
- 10 Wire Wrap (3rd Wednesday)
- 10 Chess Lessons
- 11:30 Duplicate Bridge
- 11:30 LUNCH
- 12 Party Bridge
- 12:30 Ping Pong
- 1 Paper Crafts (2nd & 4th Wednesday)
- 2 Caregiver Support (4th Wednesday)
- 4 Pickle Ball

### WEDNESDAY
- 9 Yoga
- 9 Billiards
- 9 Lapidary
- 11 Mexican Train
- 11:30 Chess
- 12 Line Dance
- 1 Knitting & Crochet
- 1 MAC SIG (2nd Tue.)
- 2 Vision Impaired Group (4th Tues)
- 2:30 S.A.I.L.
- 6 Pickle Ball
- 6 Lapidary
- 6:30 Stamp Club (2nd & 4th Tuesdays)

### THURSDAY
- 9 Yoga
- 9 Billiards
- 9 Lapidary
- 10 Wire Wrap (3rd Wednesday)
- 10 Chess Lessons
- 11:30 Duplicate Bridge
- 11:30 LUNCH
- 12 Party Bridge
- 12:30 Ping Pong
- 1 Paper Crafts (2nd & 4th Wednesday)
- 2 Caregiver Support (4th Wednesday)
- 4 Pickle Ball

### FRIDAY
- 9 Tai Chi
- 9 Quitting
- 9 Billiards
- 9:45 Enhance Fitness
- 11:30 LUNCH
- 12:30 Pinochle
- 12:30 Line Dance
- 1 Parkinson Support Group (1st Friday)
- 7 Country Dance (2nd Friday)
- 6:30 Old Time Fiddlers (1st Friday)

### SATURDAY
- Ping Pong
- Billiards
- Pinochle
- 10am-1pm: Pickleball
- 12-1pm: Beginner Pickleball (First Saturday only)

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Meals served Mon, Tues, Wed, Fri, 11:30 a.m.

**THE CENTER IN OAK HARBOR**  
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

**CAMBIE 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, 11:30 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

**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.

**TRAVEL LOG**

**The Center in Oak Harbor, 360-279-4580**

**MYSTERY LUNCHES**  
Wednesday, February 19

Depart: 10:30 AM – Return: 2:30 PM  
Member: $20 • Non-Member: $30  
Price includes transportation only

The mystery has been solved: these lunch trips are a ton of fun! Travel Escort, Laurane, 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 will be a trivia game, and a chance to win a prize. This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

**FEBRUARY**

**VALENTINE DAY SPECIAL: THEO CHOCOLATE TOUR**  
Tuesday, February 11

8:30 AM - 5:30 PM  
Member: $125 • Non-Member: $150

Step back in time where Giltz and Glamour reign supreme. Teatro Zinzanni’s main event is part circus, part cabaret, and always magical paired with a multi-course dinner. Let’s put on the glitz and join in the fun. Cost includes transportation, three-hour show, and multi-course dinner served throughout the evening. Join us for this night so enchanting we may never want to leave.

**MARCH**

**ST. PATRICK’S DAY LUNCH CRUISE**  
Tuesday, March 17

8:30 AM - 4 PM  
Member: $115 • Non-Member: $135

Celebrate the luck of the Irish aboard the beautiful Emerald Star! Enjoy a festive Irish lunch, bingo games, St. Patrick’s Day-themed trivia and prizes while you relax and enjoy the shoreline views of the waterfront estates and local landmarks as your Captain narrates the sights. Price includes transportation, guided boat tour, and Irish themed lunch.

**ALDERWOOD MALL**  
Tuesday, March 24

8:15 AM - 5:30 PM  
Member: $45 • Non-Member: $55

Why sit home on your computer waiting for clothes and shoes to arrive? Let’s go shopping! Enjoy the company of others on the bus, some walking exercise, and stop for a fun, no host lunch. You will have the option to stop at World Market, Storables, and Target or remain at the mall until it’s time to return to Whidbey.

**MENU - FEBRUARY**

1,200 slots to choose from and American gaming and dining options with over 1200 slot machines and $5/frozen meal.

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.

**FEBRUARY**

**TEATRO ZINZANNI**  
Sunday, February 1

8:30 AM - 4:30 PM  
Member: $125 • Non-Member: $150

Step back in time where Giltz and Glamour reign supreme. Teatro Zinzanni’s main event is part circus, part cabaret, and always magical paired with a multi-course dinner. Let’s put on the glitz and join in the fun. Cost includes transportation, three-hour show, and multi-course dinner served throughout the evening. Join us for this night so enchanting we may never want to leave.

**VALENTINE DAY SPECIAL: THEO CHOCOLATE TOUR**  
Tuesday, February 11

8:30 AM - 5:30 PM  
Member: $70 • Non-Member: $85

Taste your way through an hour-long interactive experience discovering the origins of cocoa, how chocolates are made, and indulge in a wide range of treats on the Theo Chocolate Tour. Then, enjoy a no host lunch at Agrodolce which offers handmade pasta made with the finest organic and sustainable ingredients in the Pacific Northwest. Price includes transportation and guided tour.

**ANGEL OF THE WINDS**  
Tuesday, February 18

8 AM – 3:30 PM  
Member: $30 • Non-Member: $37

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!
TRAVEL LOG

SPARK - MUSEUM OF ELECTRICAL INVENTION AND LUNCH IN BELLINGHAM
Wednesday, March 25
9 AM - 5 PM
Member: $55 • Non-Member: $65
This adventure packed day will start with a scenic drive up historical, Chuckanut Drive. Then, we will stop for a no host lunch in the Fairhaven district of Bellingham. After lunch, we will visit the SPARK Museum of Electrical Invention where you can experience the marvelous history, science and power of electricity. Cost includes transportation, guided docent tour, and a private MegaZapper electrical show.

THE PLAY THAT GOES WRONG
Saturday, April 25
8:45 AM - 7 PM
Member: $145 • Non-Member: $170
Broadway’s funniest smash hit and international phenomenon, The Play That Goes Wrong, comes to the Paramount Theater. This hilarious comedy is a hybrid of Monty Python and Sherlock Holmes, where things are quickly going from bad to utterly disastrous. We will stop for a no host lunch prior to the show.

HANSEL & GRETL
Saturday, May 2
9:30 AM - 5:30 PM
Member: $185 • Non-Member: $200
This smart and bold new musical is a riotous tumble of past and present that will leave you grinning from ear to ear. Price includes transportation to Everett Village Theater and ticket to the show. We will stop for a no host lunch prior to the show.

THE NEW BURKE MUSEUM
Thursday, April 2
8:45 AM - 5:30 PM
Member: $50 • Non-Member: $60
Let’s visit the new Burke Museum on the University of Washington Campus. Watch working labs while visiting the exhibits of Biology, Contemporary Culture, Paleontology, Northwest Native Art, and Archaeology. Walk around the beautiful campus with the iconic cherry trees possibly in full bloom! Enjoy a no host lunch at one of several cafes on the campus.

Chicago
Saturday, April 4
8:45 AM - 7 PM
Member: $140 • Non-Member: $165
Chicago has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show stopping song after another; and the most astonishing dancing you’ve ever seen. Head down to our favorite, The Paramount Theater in Seattle and enjoy this incredible musical with us.

CRACKED CRAB CRUISE
Tuesday, April 7
9:30 AM - 3 PM
Member: $106 • Non-Member: $127
Cruise on the 80’ Chinook vessel indulging in Dungeness crab and Tuscany baked chicken all while taking in the beautiful sights of Deception Pass and the La Conner Channel. Price includes transportation, narrated boat tour, & lunch.

HIBULB CULTURAL CENTER
Thursday, April 16
9:30 AM - 5 PM
Member: $45 • Non-Member: $55
Learn about the heritage, history, and culture of the Tulalip people on a private tour of the Hibulb Center.

JERSEY BOYS
Saturday, April 18
9 AM - 6 PM
Member: $188 • Non-Member: $188
These four boys from Jersey may have sounded great on stage, but their off-stage life was a different story. Go behind the music and inside the story of Jersey Boys at the 5th Avenue Theater. Space is limited, call to see about reserving your ticket.

MAGICAL RHINE & MOSELLE RIVER CRUISE
August 16 - 25, 2020
Double: $1,529 • Single: $5,829
Special Travel Presentation: Wednesday, October 16, 1 PM
This 5 day guided tour includes two Broadway shows, a stay at Sheraton New York Times Square, and more!

EXTENDED TRAVEL

HANSEL & GRETL
Saturday, May 2
9:30 AM - 5:30 PM
Member: $185 • Non-Member: $200
This smart and bold new musical is a riotous tumble of past and present that will leave you grinning from ear to ear. Price includes transportation to Everett Village Theater and ticket to the show. We will stop for a no host lunch prior to the show.

HIBULB CULTURAL CENTER
Thursday, April 16
9:30 AM - 5 PM
Member: $45 • Non-Member: $55
Learn about the heritage, history, and culture of the Tulalip people on a private tour of the Hibulb Center.

CASINO TRIPS IN 2019

All casino trips depart/return from Bayview Community Hall Parking lot. Depart 9 AM • Return 4:30 PM
Member: $35 • Non-member: $45

ANGLE OF THE WINDS ............................................February 11
SWINOMISH ..................................................March 10
TULALIP RESORT ...........................................April 14
SKAGIT VALLEY ..................................................May 12
QUIL CEDA CREEK ............................................June 9
ANGLE OF THE WINDS .......................................July 14
TULALIP RESORT ...........................................August 11
SKAGIT VALLEY ..................................................September 8
SWINOMISH .....................................................October 13
QUIL CEDA CREEK ...........................................November 10
TULALIP RESORT .............................................December 8

ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373
JISR provides transportation to/from Bayview Hall. Clinton ferry pricing does not include walk-on ferry ticket

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Join us for LUNCH & LEARN

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

**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!

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 4</td>
<td>Coping with Grief &amp; Loss Addie Schille, case manager with Aging and Disability Resources, will lead a conversation about what grief and loss are and offer healthy ways to deal with the grieving process.</td>
</tr>
<tr>
<td>Feb. 11</td>
<td>About Valentines Come learn about Valentines with collector and historian Billie C. Barb. She'll show you some examples and talk about the custom of sending Valentines. She's been collecting Valentines for many years and is our local expert.</td>
</tr>
<tr>
<td>Feb. 18</td>
<td>South Whidbey Environmental Issues Marianne Edan, co-founder with Steve Erickson of Whidbey Environmental Action Network, has been working for 30 years to protect and preserve the natural resources and beauty of our island home. She will talk about WEAN's work but focus on current issues affecting all of us, including how we tie our local actions to global impact.</td>
</tr>
<tr>
<td>Feb. 25</td>
<td>From Despair to Joy Certified Life Coach Glenda Cantrell, former ISR program coordinator, will share how she fought a debilitating cancer treatment to regain a life with purpose and joy. She will give you tips you can apply to your struggles along the path of aging and caregiving.</td>
</tr>
</tbody>
</table>

**AT THE COUPEVILLE METHODIST CHURCH • WEDNESDAYS, PRESENTATION AT 12:30 P.M.**

Lunch (optional) will be served beginning at 11:30 (suggested donation $6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Contact Carol Heimgartner m: 360-678-0636, bigrockdesigns@whidbey.net.

<table>
<thead>
<tr>
<th>Date</th>
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</tr>
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<tbody>
<tr>
<td>Feb. 5</td>
<td>Bingo Aging &amp; Disability Resources will be available from 11:30 a.m. to 1:30 p.m.</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>WHY “SAIL” SAIL Instructor Rae Hicks will discuss the popular exercise program “Stay Active and Independent for Life,” which is sponsored by WhidbeyHealth EMS and currently meets at the hospital. Where did it come from? Why should you participate? And, how does it affect your overall health? Find out!</td>
</tr>
<tr>
<td>Feb. 19</td>
<td>Chronic Heart Failure Kim Arends, RN, BSN, WhidbeyHealth Medical Center presents: What is heart failure? Is there anything you can do about it? Yes! Kim will help you understand what it is and how to better manage it. You can stay in control of your health!</td>
</tr>
<tr>
<td>Feb. 26</td>
<td>Mold in your Home Beth Tristao, owner of Fine Line Painting, with 20+ years as a painting contractor, will share how to recognize mold issues in and around your home; and the proper procedures for removing them. Mold can exacerbate existing health conditions, cause new ones, and damage your home's physical structure!</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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**Learn the Basics of Social Security**
- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

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

**ISLAND SENIOR RESOURCES (BAYVIEW)**
14594 SR 525, Langley
Thursday, Feb. 13, 1-2:30 p.m.
Thursday, April 16, 11-12:30 p.m.

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**Wellness Word Search**

AEROBIC MEDICATIONS STRENGTH
BALANCE MUSCLES STRETCHING
BODY PHYSICAL TRAINING
CARDIOVASCULAR PHYSICIAN WEIGHT
CHECK-UP RESPIRATION WORKOUT
COMPOSITION ENDURANCE 
ENDURANCE FITNESS 
EXERCISE GYM 
HEART INTENSITY ISOMETRIC LIFESTYLE

**Find the words hidden vertically, horizontally, diagonally, and backwards.**

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**Learn the Basics of Social Security**

**February 2020**

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**The Center in Oak Harbor, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373**
**SOUTH END**

**Alzheimer’s & Dementia Caregivers Support Group**
2nd Tuesday, 10 a.m. – Noon
Alder Room, Island Senior Resources, 14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

**MS Support Group**
3rd Tuesday, 10 – 11:30 a.m.
Alder Room Island Senior Resources 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

**Parkinson’s Support Group**
1st Tuesday, 10 – 11:30 a.m.
Trinity Lutheran Church, 18341 WA-525, Freeland Ave
In the older building, in Grigware Hall
Contact: Mel Watson, 360-321-1623

**Aging in Grace Support Group**
For anyone with concerns, stories, and wisdom about aging
2nd Monday, 10 a.m. – Noon
Freeland Library, 5495 S. Harbor Ave, Freeland
Contact Nicole Donovan 360-321-1600

**Support Group 2**
1st and 3rd Monday of the month,
Parkinsonics Singing Group
2:30 – 3:30 p.m.
The Modular Building at
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.

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**NORTH END**

**Oak Harbor Caregiver Support Group 1**
2nd Thursday, 2 – 3:30 p.m.
The Center in Oak Harbor, 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.
The Center in Oak Harbor, 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
The Center in Oak Harbor, 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
The Center in Oak Harbor, 51 SE Jerome St., Oak Harbor
Facilitator: Mel Watson, 360-321-1623

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**Medicare 2020**
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); 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.

**ISLAND SENIOR RESOURCES 14594 SR 525, Langley**

**THE CENTER IN OAK HARBOR 51 SE Jerome St, Oak Harbor**

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Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
When was the last time you sent valentines to those you care about near and far? As we enter this new decade, it seems like a great time to let the circles of people you care about know that you are thinking about them and want to extend your appreciation for the part they play in your life. I remember the joy I felt as a child when I came home from school having given and gotten a passel of Valentine cards sometimes with notes from admirers that surprised and delighted me. We always took the time to share cards among our close family members as well. Whether you choose to send an ecard (there are wonderful, inexpensive, or free services) or cards, already made or home-made, it’s a special gift of spirit, connection, and love and affection to take the time to bring smiles to those you care about. Perhaps you could host a Valentine signing party and invite a couple of friends over for an afternoon with goodies, tea, or coffee and everyone gets to join in the act of Valentine giving. Turn it into something special!

I’m going to invite my grandson, now 12 and already 5’9” (he loves the fact that he now looks down at me) to think about who he wants to send Valentines to and have him join in the spirit of caring and affection. We’ll have fun and I’ll be passing along a tradition that sometimes gets lost left behind in our fast-paced world. Just think about the smile on your face as you prepare these gifts of appreciation and the smiles on the faces of those you care about!

Friendship is hard work to get right and is an act of bravery. And yet without friendships, human connection, we humans suffer and may even die. We know this from science, religion, headlines, and experience. We are hard-wired for friendship and connection as a means by which to sustain life as a species. After World War II, babies in Romanian orphanages who were not touched and held died of being alone. And yet, friendship is also an act of vulnerability. To overcome our fear of vulnerability takes tremendous bravery.

And this is the problem. We have both an enemy…and they are nearby. It’s risky. Make a friend and they are nearby. Make an enemy…and they are nearby. It’s risky. And then, of course, there are our parents who may or may not have been skilled at raising a child. Anyone from a dysfunctional family will have some issues to overcome when making and keeping friends. “Can I trust them? Will they hurt me? Am I more afraid of intimacy or more afraid of abandonment?” I have a little ritual on New Year’s Day to help me with friendship. I make an inventory of friends. I take a favorite fountain pen freshly filled with bright cobalt ink and a piece of clean, ivory, cotton-laid paper. I slowly, carefully write down the names of my local and off-island friends. Some are new to the list. Some have drifted off the list and, some have, sadly, been necessarily removed from the list for my self-care. I keep that new list on my desk at home and another copy at work. That list is as essential to my wellbeing as food and medicine are. I look at it every day. I call it “The Garden.” That list of friends is like a garden, hence the name. We tend our friendships like the plants in a garden. What friendships need watering? What friendships need attention? What friendships need to be planted? And rarely, but inevitably, some friendships need to be thinned, gently bowed to, and then kindly composted.

Friendship is held by the four legs of a frame, rather, we “make” friends. Friendship is a connection between kindred spirits. The garden in which we plant our friendships needs to be kindly composted and lovingly tended. Friendship is the art of making and maintaining relationships. It means by which to sustain life as a species. It means by which to live a full, happy life.

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HIGHLIGHTS at Island Senior Resources

NEW LINE DANCING SCHEDULE
INTERMEDIATE CLASS: Mondays, 1 – 2:30 p.m.
BEGINNERS CLASS: Mondays, 2:30 – 3:30 p.m.

SAVE THE DATE:
2020 AARP SAFE DRIVER COURSE
Saturday, April 18 • 8 a.m. – 5:15 p.m.
Island Senior Resources (Bayview) 14594 SR 525, Langley
The AARP Driver Safety Class may save you money on your car insurance, but more importantly you will refresh your driving skills and knowledge of the rules of the road. Proven methods to help keep you and your loved ones safe on the road are taught in a friendly, no-pressure environment.

SAVE THE DATE:
PANCAKE BREAKFAST
Saturday March 14 - 9 – 11 a.m.
Island Senior Resources (Bayview) 14594 SR 525, Langley
Suggested donation: $10 (children under 5 are free). Donations support Meals on Wheels.

MAKING YOUR IRA REQUIRED MINIMUM DISTRIBUTION
If you are 70 ½ and older you may be able to donate to Island Senior Resources directly from your IRA (a qualified charitable distribution) and have it treated as part of your required minimum distribution. Check with your financial advisor for details.

PSE BILL PAYMENT ASSISTANCE
Depending on income and household size, you may be eligible for payment assistance with your heating bill and get free energy-efficient improvements to your home.
PSE offers bill payment assistance and coordinates with county organizations to connect customers with federal assistance as well. Income-qualified energy efficiency programs are also available. Find out more at pse.com/lwi.

PSE Customer Service Guarantee
PSE constantly tracks its performance and uses customer feedback to make improvements. PSE will credit your bill if they fail to meet their service guarantees:
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- 24-consecutive-hour non-major storm power outage restoration guarantee
- 120-consecutive-hour power outage restoration guarantee
Call PSE at 1-888-225-5773 or find more on the web at pse.com/guarantees.

AGING IN GRACE SUPPORT GROUP
Mondays: Feb. 10, March 9, April 13 10 a.m. – noon
Freeland Library, 5495 S. Harbor Ave.
A general support group for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

PSE helps families and the environment through its ‘Powerful Partners’ program
Puget Sound Energy continues its commitment to help the environment and human services organizations through its “Powerful Partners” program, now in its fourth year. This year, PSE distributed $200,000 across 24 nonprofit organizations within its service area. Island Senior Resources was one of the recipients.
In addition to providing funding to the organizations, PSE will partner with them to educate their clients, employees, and donors about ways to save energy and money, as well as safety and emergency preparedness. These partnerships allow PSE to enhance community engagement and awareness by focusing its giving efforts.
“Puget Sound Energy cares about our communities and the environment, so teaming up with organizations committed to do the same made sense,” said PSE Vice President of Communications Andy Wappler. “Through these partnerships, not only can we provide funds to support the organizations’ missions but also educate the community about how we can create a better energy future working together.”
PSE is committed to working together to create a better energy future. Partnering with community organizations like these, helps PSE engage more people in that mission.

Earn Money! Get Paid to Help with the Census
By the U.S. Census Team
Every 10 years the United States Government conducts the Decennial Census and relies on local citizens to ensure everyone is accounted for.
Louisa D. of Friday Harbor said about her experience in 2010, “Like many of our Island residents, I had the opportunity to work for the 2010 U.S. Census. Some of my colleagues were unemployed at the time, ‘between jobs,’ or like myself, retired. The additional income was very helpful as it was (and still is) significantly above normal pay wages. I liked the work, hours were flexible, and it was just for a short time period. I found the work to be interesting as well as rewarding!”
There will absolutely be no questions about citizenship on the census.
The 2020 population numbers shape how political power and federal tax dollars are distributed in each area over the next 10 years. This will affect the number of congressional seats and Electoral College votes each state gets. They also guide how an estimated $880 billion a year in federal funding is distributed for schools, roads, and other public services in local communities. In addition, making sure everyone is counted helps encourage economic growth and ensure public services to each area. The demographic data is used by emergency responders to locate injured people after natural disasters.
The goal is to account for every single person living in the country. It is in the interest of all of us that no one is left out. The Census is hiring temporary workers to help make this happen. These positions are filling up quickly, so it’s important you complete your application asap.
These jobs offer great benefits: $20-$25 an hour • Mileage Reimbursement • Paid Training • Part-Time/Flex-Time/Full-Time Hours • Great Resume Building Potential • Invaluable Service to Your Community and State
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When my father moved to Langley at age 86, he had been recently widowed and was leaving his entire social network to come to Whidbey to be near me, the oldest of his four children, and to define his place in his final community. In an easy social fashion, he developed several tiers of friendship he tended for the remainder of his life, and who tended him. Looking back, he laid out a model for successfully aging in place that seems a good edge to explore in the month of Valentine’s Day.

As we age, we need three rings of friend support: a mutually attentive community, peer friends who understand the rigors and challenges we face, and younger friends/older friends who help us take our place in the generations.

A recent sign in front of Trinity Lutheran Church in Freeland read, “Find community before you need it.” Churches and religious or spiritual communities of any kind, or organizations and groups of shared interests are a way to build the support of a mutually attentive community. In search of a church—or similar institution—or to deepen your connection to a place you already attend, make a list of what you are looking for that will spiritually sustain you, consider what you have to offer and what you want to receive. Think about access, both now and later, and look for a few good friends to emerge from the crowd.

If you are not a religious person, you can find a stable community of support through book clubs, writers groups, study/activity groups (like Audubon), service clubs (like Beachwatchers), or longtime Twelve Step groups or other self-help experiences. The necessary ingredients are welcome, stability, and shared core values.

Second, we need peer friends. In my age group, we talk about what's on the bucket list. We talk travel and politics and how to continue our sense of activity, adventure, and engagement. We don’t take good health for granted and feel the pressure of time but not necessarily of mortality.

In his late-80s, my father, who regularly ate at the Island Senior Resources meal sites in Langley and Bayview, found both peers and youngsters, and joined in games and puzzles, building relationships around the card table. He befriended the only person in the room older than he was. For the next decade, "Leo and Helen" were a common sight around Langley and South Whidbey, walking arm in arm to steady one another, and enjoying coffee and donuts at the edge of public spaces where they could meet and greet many passersby. When Helen had a health crisis in her 99th year, Leo could interact with her family from the perspective of their shared age.

Besides our peers, we need younger friends when we are the old-old, and older friends when we are the young-old. At 70, 90-year-olds provide models of aging. For 90-year-olds, 70- to 80-year-olds provide someone who is still driving, who can still lift a load, help with technology or other little daily requests in exchange for company, card games, conversations about history, perspective, and perseverance.

We are all one another’s sweethearts and Valentine’s Day provides opportunities to tell people what they mean to us, to appreciate one another, and to ask for what we need and offer what we can, trusting the mutuality of open-heartedness.

Take care, sweetheart. Don’t fall off the edge.