From Marine Dodgers to Face Shields, Flexing Skills to Fill the Need

By Liz Lange
Administrator of Senior Services, City of Oak Harbor

Do all good ideas have to come at 3:00 AM? Lying in bed, wishing to be asleep, and there it is. That good idea, one that you can’t get out of mind. Not until you write it down, or take action. Which is exactly what Coupeville resident Jim Smith did when his idea to convert his skills and resources as a boat cover maker to making needed PPE for our first responders came to him.

Jim is the owner and fabricator at Harbor Canvas Designs, a local company that custom makes marine covers, dodgers, biminis and enclosures. Jim has been fabricating these items since 1992 and started Harbor Canvas Designs in 1998. Prior to...
FROM THE EXECUTIVE DIRECTOR

By Cheryn Weiser, Executive Director, Island Senior Resources

COVID-19 and A Path to Self-Care

Do the kind thing.

Choose to take care of yourself, reach out to others, ask for help, and see this time as a portal to a new era and not a trip down the hole.

My plea to you during this incredible time is to find ways to nourish your spirit, mind, and body each day. Stay home! (in collaboration with Oak Harbor Senior Center)

Choose to take care of yourself, reach out to others, ask for help, and see this time as a portal to a new era and not a trip down the hole.

The decision to fall into the hole or go through the portal is up to you.

Island Senior Resources is offering ways to support, to hear a friendly voice. (Someone will either directly answer the call or call you back when you leave a message, 9 a.m. to 4 p.m., Monday through Friday).

WE HELP EACH OTHER

Phone: Call 360-321-1600 or 360-678-3373 option 0 to talk with one of our staff about your needs for grocery pick up, transportation to a medical appointment, other issues, or just to hear a friendly voice. (Someone will either directly answer or call you back when you leave a message, 9 a.m. to 4 p.m., Monday through Friday).

Online: Go to the Island Senior Resources website, www.senior-resources.org, and click the Online Help Request button on the home page.

Don’t be afraid to ask for help!

And, tune into what nourishes you. What are the things within your control that give you hope and a sense of peace and well-being? Is it your favorite music? What about that beloved movie you haven’t taken the time to watch for years? Are you engaging with those you love and care about? Or, have you read a good book, spent time in your garden, pulled out your art supplies, gotten some exercise, and some extra sleep for this journey? And speaking of nourishment, is there a favorable meal that is comfort food you can easily prepare? If not, remember Meals on Wheels.

I am finding my normal routines, before COVID-19, didn’t often allow me to include all or many of them in my daily life, even if my office is now in my family room. I just ordered my veggie seeds, ahead of schedule. I am reacquainting myself with loved music. And, I am finding ways to include little rituals that might be easy to overlook in this time, like making my standard rhubarb pie in the spring (my rhubarb plant is happy this year).

In closing, I want to share a wonderful message written March 16, by an elder of the Hopi Nation, Native Eagle:

“In this moment, life is passing through can now be seen as a portal and as a hole.

“...The decision to fall into the hole or go through the portal is up to you.”

My plea to you during this incredible time is to find ways to nourish your spirit, mind, and body each day. Stay home! Choose to take care of yourself, reach out to others, ask for help, and see this time as a portal to a new era and not a trip down the hole.

Our older neighbors, our neighbors with adult family members are disabled. We may not ask for help, but you can extend your hand by funding our hands at work. Investing in Island Senior Resources right now is the smart way to do the kind thing.

• Perhaps you cannot deliver meals, but you can fund our Meals on Wheels delivery of more than 4,500 meals each month, which may or may not increase over previous months.

• You may not be able to call our clients to provide essential Medicaid and Medicare advice, moral support and health checks, but you can fund our Aging & Disability Resources staff whose call-volume in the past month has increased 95 percent and whose calls now take 100-150 percent longer to complete because our clients need a caring person to talk to.

• You may need to stay at home, but you can help fund more than 100 trips each month covering 10,714 miles to deliver groceries, medication, and take clients to essential medical appointments.

• You may not be able to provide counseling to Parkinson’s support groups, but you can fund our work to gather groups online for virtual support meetings.

We know you cannot extend your hand from your shelter-in-place position, nor should you. But you can extend your hand by donating to fund our hands at work. Investing in Island Senior Resources right now is the smart way to do the kind thing.

By Charles LaFond, ALD Development Director

These days around and within the COVID-19 pandemic are strange. Unlike the adenine-fueled days around a hurricane or earthquake, that which is outside our windows remains beautiful, as spring unfurls around us. And yet, we are acutely aware of seniors around us who may be suffering from the fragility of age and fears from headlines saying older people are particularly vulnerable to the virus. We may know neighbors whose adult family members are disabled. We may know caregivers and can imagine how isolated and exhausted they are. But unlike other disasters, we cannot just grab our shoes and our car keys to go help.

Island Senior Resources is offering a way for you to help right now. We know our clients, where they live, and their caregivers. What they need right now is what we do. We, at Island Senior Resources, are all at work meeting human needs 24/7, hand to hand, and voice to voice, if perhaps not always face to face.

You may not be able to call our clients to provide essential Medicaid and Medicare advice, moral support and health checks, but you can fund our Aging & Disability Resources staff whose call-volume in the past month has increased 95 percent and whose calls now take 100-150 percent longer to complete because our clients need a caring person to talk to.

You may need to stay at home, but you can help fund more than 100 trips each month covering 10,714 miles to deliver groceries, medication, and take clients to essential medical appointments.

You may not be able to provide counseling to Parkinson’s support groups, but you can fund our work to gather groups online for virtual support meetings.

Could you extend your hand by funding our hands to reach the most vulnerable people on our Island? Could we help you?

In the past, we have asked the community many times a year for small gifts, but now, the stakes are higher, and so is the call. We have made a massive switch in 2020 to one annual giving campaign, asking our donors to become real funding partners. One annual request is all we will make, and one significant annual gift is all we will hope to receive from now on. What used to be a contribution is now an investment in essential services and the future of our community. Government sources give Island Senior Resources a valuable $1.7 million, but we need an additional $2.5 million annually from donations by people like you. Annual gifts pledged or given up to $100,000 will be matched dollar for dollar until the end of June! So please give now, please.

To make a pledge or gift, call Charles LaFond, Development Director day or night at 360-219-1011. (Pledges may be paid at any time throughout the year). You may also make a gift by mail by sending a check to Island Senior Resources, P. O. Box 939, Freeland, WA 98249. To become a monthly Evergreen Funding Partner, please go online to https://senior-resources.org/donate/.

We are in this together. We are making masks. We are making calls. We are making donations. We are being community. Please be the helping hand of Island Senior Resources with your 2020 investment in our work. There has never been more a crucial time in the care of our older neighbors, our neighbors with disabilities, and our caregiving neighbors. If you will fund the work, we will do the work.
Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.

Roasted, and shipped them to my local little beans had to travel to my kitchen. I can make the coffee with a laptop, or I can make the coffee with scrolling through the news feed on my phone. Their routines lead them to dinner time, and we have great dinner conversation.

Friends Martha and Mark, both 78, had just met and started courting when the Whidbey Camano Land Trust, and bicycling into my wellness routine. My friends, PJ and Jon, told me (via Zoom, of course) that they’re reverted to their natural rhythms: she’s a night owl, he’s an early bird, and they are each to their natural rhythms. Mini-podcast.

Now the most common question was, “You stay well?” The most common question is, “You holding it together?”

Wellness is the linchpin to holding it together. Purpose is the linchpin to holding it together.

The horrifying pandemic numbers have been slowed down. We now have an opportunity to reassess what we were taking for granted—the friendliness of friends and strangers, and the rise of gratitude.

Ritual requires slowing down, and we can design more exercises: dog-walking and beach walking, hikes in the still open trails of the Whidbey Camano Land Trust, and bicycling into my wellness routine.

I shared my wake-up routine, because it was just a phone call away! 381-371-1600, ext. 0

We’re your local Statewide Health Insurance Benefits Advisors (SHIBA) program

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 senior-resources.org, click “About Us” and select “Links to Inform and Inspire.”

- Visit Museums from Around the World
- Read Lectures, Films, and Library Resources from National Sources
- Stream Musical Performances
- See Performances from Broadway, London Theaters, and KCTS-9 “Great Performances”
The Heart of Isolation

Most of us have never experienced weeks of isolation, before these last few weeks. It has been disturbing, disorienting, and for some, it has been frightening to be alone. How many of us have ever spent an extended period of time without seeing someone else? This has been an opportunity for each of us to walk in the shoes of many seniors who are unable to drive, have physical mobility limitations, or health challenges that mean they spend days or weeks alone with little contact with others, under “normal” circumstances. What does it mean to us to leave our own “normal,” and experience someone else’s “normal?” This gives us much to reflect upon.

Think about the times when a friend has done or said something that has been especially meaningful and see if you can adapt it to today’s unusual circumstances; then see how many people you can reach out to and touch in some similar manner. Perhaps what each of us can learn from all this is the importance of bringing heart into the lives of others, to help each of us feel connected, today and every day.

The Journal is Coming!

This month watch your mailbox for the Island Senior Resources’ semi-annual JOURNAL, replacing our previous Newsletter. Our focus is to shine light on issues important to living your best life in our shared community, and to help you feel connected to, and supported by, the resources at ISR. If you think we might not have your mailing address, please email it to us at: feedback@islandseniorservices.org.

Aging & Disability Resources
We can assist you to identify, understand, and access services and resources available in our community.
• We have current information on all ISR programs!
• Concerned about a loved one or neighbor?
Resource Specialists are available to help by phone:
Monday–Friday 9am–4pm: 360-321-1600, option 0

Meal Programs
• Hot and frozen meals can be delivered to your doorstep by Meals On Wheels: Mondays, Wednesdays, and Fridays.
• Frozen meals available for pickup while meal sites are closed.
• Ensure and Glucerna can be delivered.
For details, call Mark MacNaughton at 360-321-1615

Medical Transportation
Volunteer drivers are available for essential medical appointments and treatments. Subject to volunteer availability.
To schedule your ride, call Pat Weekley at: 360-914-3212.

Volunteer Shopping & Deliveries
Volunteers are ready to help you! Grocery shopping & delivery, medical equipment delivery & more.
To request help, call: 360-321-1600, option 0

In-Home Care & Family Caregiver Support
Our staff want to ensure your care needs continue to be met.
We are coordinating with caregivers and working to obtain protective supplies. Contact your case manager for any questions or concerns.
To inquire about getting support, ask for ADR: 360-321-1600, option 0

SHIBA Medicare Advising
Turning 65? Have questions about Medicare? We are offering one-on-one advising by phone.
To request an appointment: 360-321-1600, option 0

Time Together Adult Day Program
Staff are working hard to continue supporting family caregivers and participants through quality programing.
We are developing online options and take-home activity kits.
For details, call: Mel Watson at 360-321-1623.

Support Groups
While our in-person groups are cancelled, we are organizing phone-based and online support groups.
For details, call: Mel Watson at 360-321-1623.

Friendly Check-Ins
Feeling isolated? Need to chat?
We have volunteers to call and check-in as often as you want.
For details, call: Mel Watson at 360-321-1623.

Want to help?
Many volunteer opportunities are available! Friendly phone calls, meal & grocery delivery, and medical transportation.
Visit: www.senior-resources.org. Click on "Online Volunteer Sign-Up".
Whidbey Island Support Groups

Support groups are meeting in a new way!

Parkinson’s support group
Every Tuesday, 10–11:30 a.m. via Zoom.

Parkinsonics and friends singing support group
Every Thursday, 2:30–3:30 p.m. via Zoom.
Open to all isolated seniors and adults with disabilities although there is a focus on those living with Parkinsons and their caregivers.

People interested in joining in, please email Mel Watson at mel@islandseniorservices.org

Turning 65? Have questions about Medicare? We are still here to help!

In the face of the coronavirus outbreak, many of us are trying to navigate important issues while isolated in the solitary confinement of our homes. We may not know where to go for information about important matters, questions needing timely answers, or deadlines that must be met. Please know volunteers from Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources, remain on the job. We are working remotely and will respond by telephone or email regarding your Medicare concerns about enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services. If you are turning 65 or have questions about coverage for your healthcare needs, we are here to help! Call 360-321-1600 or 360-678-3373, option 0 or email reception@islandseniorservices.org. We look forward to hearing from you.

Once the risks related to COVID-19 have passed, SHIBA will resume in-person consultations in Oak Harbor, Coupeville, and at Island Senior Resources in Bayview.

MEALS ON WHEELS MENU - MAY

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<td>Fri</td>
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360-336-3026
Amber Fowler, MD  •  Laurie Jacobson, MD
Lyndsey Switzer, PA-C  •  Scott Taylor, PA-C

5 NE 4th Street  •  Suite B  •  Coupeville
3110 Commercial Ave  •  Suite 105  •  Anacortes
1600 Continental Place  •  Suite 101  •  Mt. Vernon
3614 Meridian Street  •  Suite 200  •  Bellingham

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We are proud to welcome Dr. Yaditza Narvaez, ND

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- Children’s health
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- Acupressure
- Nurturer therapy

Dr. Narvaez is offering both telehealth and in-office visits.

Rue & Primavera Physical, Occupational and Hand Therapy

5

May 2020
Eating well is key to maintaining a robust immune system and maintaining health and well-being. Here are eight helpful tips for eating well anytime, but especially during the COVID-19 pandemic.

1. Make a grocery list. It's a good idea to have enough food on hand for two weeks to minimize trips to the grocery store while understanding there's no reason to overstock. Don't forget to inventory what you have on hand first to minimize waste.

2. Wear a mask when you go out, or to further protect yourself and others, consider having your groceries and pharmacy items delivered by Island Senior Resources volunteers instead.

3. If you are having difficulty preparing meals, consider having hot or frozen meals delivered by Island Senior Resources volunteers. You can also have Ensure and Glucerna delivered.

4. Fresh food is generally the best choice for healthy eating, but you can also stock up on frozen fruits and veggies that will be just as good. Or you can buy these foods, as well as bread, meat, and dairy products, fresh and then freeze them yourself. Pre-made meals also freeze well.

5. Eat a variety of colorful fruits and vegetables to ensure your body is getting the nutrients that it needs. It is always best to get your vitamins from your diet.

6. Purchase shelf-stable foods like rice, beans, nut butters, and pasta, but remember, fresh is always a better choice than processed. Make fresh foods a priority in your meal plan.

7. Practice moderation. If you are spending more time at home than usual, this can be especially difficult. Try keeping the places you work, play, and eat separate to maintain structure in your day and in your meals.

8. Be gentle with yourself. This is a stressful time, and comfort foods are called that for a reason. Remember that the most important thing you can do right now for your health, and for the health of our community is to stay home and wash your hands.

You can request any of Island Senior Resources’ services, including grocery or meal delivery, by going online to www.islandseniorresources.org and clicking “Online Help Request.” You can also contact Mark MacNaughton, Home-Delivered Meals Assessor, at 360-321-1615.
Finding Both Strength and Ease Through Yoga

By Joni Taknikos

Whenever a new student walks through the door of the studio where I teach, I enquire about their previous yoga experience. Many people will tell me they have never done yoga before and are completely new to the experience. While they may have never visited a yoga class before, I assure them they have definitely practiced the philosophy behind yoga. The Sanskrit word yoga means “to yoke, to join, to unite” with the idea of connecting body, mind, and spirit. No new student is too vulnerable to risk going out. The person buys, delivers, and sanitizes all items before they are brought into the home. A neighbor of one of our staff members was laid off work as a waitress, so he donated tablecloths, and she sewed masks for our staff and volunteers to use. Another volunteered to deliver a wheel chair from ISR to a client in need. Community members have been bringing coolers to use for Meals on Wheels clients and donating cloth napkins and Lysol wipes for staff and volunteers. Delta Dental has sent toothbrushes, floss, and paste for all Meals on Wheels clients along with a $6,250 donation, through their Azurora Foundation, to help support the rapid expansion in those needing meals at this time. The Goosefoot Community Fund has given ISR a generous $30,000 grant to support food security for seniors, and the Whidbey Community Foundation has granted $5,000 to support services. Our staff has risen to meet challenges none of us imagined we’d face, adapted roles, and responded with a “we can do this” attitude which keeps everyone inspired, connected, and supported as they serve the flood of requests for help coming from the community. We have each been given the opportunity to rise to our best during uncertain times, and the generous spirit of our community has come forward. Amrit Raj, an author known for his writings about compassion, says, “Uncertainty is the fertile ground of endless possibilities.” We thank everyone for your generous spirit and support.

So many members of our community have come forward to help others during the COVID-19 crisis. We, at Island Senior Resources are grateful to all those who stepped forward to volunteer and are helping life better for others. Many of our volunteers are making calls to check in on isolated seniors, and those calls have been deeply appreciated.

Chere Vidmore is a resident of Slagit county who saw our Facebook plea for masks. For the next three weeks, she proceeded to sew for over 100 hours! She delivered 100 masks to Island Senior Resources for our volunteers to wear and is continuing to sew more. She has also recruited friends to start sewing masks.

Another group, Whidbey Personal Protective Offers, received our Friday email request for 250-500 masks for our core programs, and by Monday afternoon, they had made and delivered 114 masks to us, with more on the way. Masks were bagged and distributed to every Meals on Wheels volunteer two days later.

Kaaren Flint works for hospice of the NW and is one of our great community partners. She started a movement to recruit musicians to play outside of windows of isolated seniors at their homes or facilities. She recruited 65 musicians in the first week of launching her idea.

One woman knew her neighbor needed Meals on Wheels, so she helped him sign up and calls him every day. Another does shopping for a neighbor whose health is too vulnerable to risk going out. The shopping for a neighbor whose health is too vulnerable to risk going out.

The community of Whidbey Island and beyond with the following community organizations has risen to be our best during uncertain times, and the generous spirit of our community has come forward. Community members have been bringing coolers to use for Meals on Wheels clients along with a $6,250 donation, through their Azurora Foundation, to help support the rapid expansion in those needing meals at this time. The Goosefoot Community Fund has given ISR a generous $30,000 grant to support food security for seniors, and the Whidbey Community Foundation has granted $5,000 to support services.

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Regarding the current COVID-19 crisis: We understand your concerns and fears. We will continue to serve the community of Whidbey Island and beyond with the following adjustments: we are observing state mandated guidelines. For your peace of mind, arrangements can be made by appointment in person and online. As always, we will provide you with the highest level of compassionate and professional care.

Matthais Iverson
360-475-8770
Allstate Makemark
Oak Harbor, WA 98277
matthaisiverson@allstate.com

For affordable protection for your home, car, boat and more, call me first.

May 2020
Thank You Community!
Would You Like to Make Masks?
Thank you to the many generous, newly signed up volunteers for your willingness to help during these challenging times, and for being a part of the Army of Kindness that is so abundant in our community. ISR has had an overwhelming response from people wanting to volunteer! How wonderful to be a part of such a caring community.

Some of you have received calls, emails, or texts from me responding to requests for help from people in our community, and you have literally dropped everything to assist. THANK YOU SO MUCH! Your kindness is deeply appreciated.

Some of you have not yet received a call from me because we have such a vast list of helpers, but please rest assured that as soon as a need arises, I will be calling. It gives great comfort to know that we have a team of compassionate people waiting to help if and when the needs arise.

I recently read a great quote from Mr. Rogers, who shared these words from his mother. “When I was a boy, and I saw scary things on the news, my mother would say to me look for the helpers; you will always find people who are helping.” What an inspiring message of truth to share.

We certainly don’t have to look too far to find the helpers in our community. They are you!

How fortunate we are!

On our online volunteer form, some of you said that you would like to make face masks, and some of you said that you would help in any way that was needed. I thought this might be a great opportunity to reach out to you all and ask every one of you, would like to make face masks?

We would love to be able to give a mask to everyone who requests one, and with your help and the help of many generous volunteers in our broader community, we could do this. We have many people in our community still needing face masks, so, if that rings a bell, and you feel inspired when you read this, if you think “Yes, I could do that, even though it wasn’t the task I signed up for, then please follow these instructions.

Completed masks can be dropped off at Island Senior Resources in Bayview any time in the bin outside the center door. If you’d like to arrange for drop off in Coupeville or Oak Harbor please can contact charzity@islandseniorservices.org.

Thank you again!

Sincerely,
Mel Watson, Island Senior Resources

HOW TO SEW A FACEMASK

1. CUT FABRIC
   Cut 2 pieces of Quilting Cotton 9” x 7”.
   Cut 2 pieces of 1/4” elastic 7” long.

2. PLACE ELASTIC
   Pin a piece of elastic on the top and bottom of the short ends of the rectangle 1/2” from edge to create an ear loop.

3. PIN FABRIC
   Place 2nd piece of fabric on top with right sides together. Sew

4. SEW FACE MASK
   Sew around entire facemask leaving a 2 inch opening along the bottom for turning. Backstitch over elastic. Turn right side out.

5. CREATE PIN TUCKS
   Fold mask in thirds and press. Create 1/2” pintucks facing upwards using pressed markings as a guide.

6. TOPSTITCH
   Sew along the outside of the entire mask using a 3/8ths inch seam allowance.

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DISCOVER THE ISLAND’S BEST CANNABIS

MEDICAL & RECREATIONAL MARIJUANA | WHIDBEYISLANDHERB.COM
360-331-0140 | 5565 VAN BARR PLACE, UNIT F, FREELAND | OPEN MON - SUN 10AM - 6PM (SUBJECT TO CHANGE)

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.
Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Cloth face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

HOW TO SEW A FACEMASK

1. PRINT & CUT MASK PATTERN
   Download the PDF pattern to your computer, open it up and print at 100% with no scaling. Cut out a total of 4 pieces of fabric using this pattern. You should end up with two sets of mirrored images.
   Cut four 14” strips of 1/2” double fold bias tape.

2. PIN FABRIC & SEW
   Place the mask pieces right sides together and pin along the outward curve of the fabric. Sew the curve with a 3/8ths inch seam allowance, removing pins as you go. Press the seams to the side.

3. CREATE & SEW STRAPS
   Pin the elastic or bias tape to the shorter straight edge of the fabric, 3/8ths of an inch from the top. Repeat the same process along the bottom of the mask. Sew around the entire mask using a 3/8ths inch seam opening for turning along the bottom of the mask.

4. CREATE FLEXIBLE NOSE WIRE
   Cut 7” of floral wire. Turn ends of wire inwards to prevent them from poking through the fabric. Center the wire along the top seam allowance and pin it in place. Using a zig zag stitch, slowly sew over the wire to secure it in place keeping the wire positioned in the very middle of your presser foot to avoid hitting it.

5. TURN RIGHT SIDE OUT
   Turn the mask right side out by pulling the inside of the fabric through the 3 inch opening. Grab onto the wire as you pull to prevent it from bending.

6. PRESS & TOPSTITCH
   Topstitch 1/4th of an inch from the edge along the bottom of the mask to close the opening. Open middle fold of bias tape, fold short end inwards 1/2”. Close bias tape and pin fold in place. Sew along the length of the folded edges using a 1/4” s.a. to secure the bias tape in place.

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials
- T-shirt
- Scissors

1. Cut 6-7 inches
2. Cut tie strings
3. Tie strings around neck, then over top of head.
4. Fold bandana in half.
5. Fold top down, fold bottom up.
6. Fold side to the middle and tuck.
7. Place rubber bands or hair ties about 6 inches apart.

Bandana Cloth Face Covering (no sew method)

Materials
- Bandana (or square cotton cloth approx. 20” x 20”)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

1. Fold bandana in half.
2. Fold top down, fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
5.
May 2020

Are you Keeping Healthy during the Pandemic?

By Carly Waymire
Program Coordinator
The Center in Oak Harbor Services

When you hear keeping healthy during these times right now your first thought probably leads towards not getting COVID-19, however there is more to being healthy than just avoiding the virus. In a time of unusualness and change, it is more essential than ever to keep good care of ourselves and watch out for our mental, physical, and emotional health.

For myself, I have noticed a change in my overall health because my lifestyle has drastically changed over the past few months. Working from home and staying in more has greatly impacted my routine and caused me to feel unbalanced and sluggish. I think it is important, even if your daily activities have been disrupted, to still practice a daily routine and try to schedule meals, exercise, and bedtime to help feel a sense of purpose and structure during this unknown time.

I have noticed from not only myself but also talking to others is that they are listening and watching the news more now than ever. I believe it is important to keep informed and knowledgeable about what is going on with COVID-19 but I think it can get a little excessive! I am not one to watch television, but I think it can get a little excessive! While staying home and not engaging in your regular activities, remember to maintain healthy habits such as getting plenty of exercise, eating nutritious meals, and getting appropriate amounts of sleep. I personally have a hard time eating at normal times when I am out of my routine and working from home. To be better about eating for my overall health, I have set reminders on my phone to go off at scheduled times that remind me to eat a healthy snack such as a piece of fruit or carrot sticks and drink a glass of water. I also noticed that with less trips to the grocery store right now I tend to run low on fresh fruit. To avoid running out of fruit or it going bad, I have started buying more on my weekly trip and then chopping it up and putting it in individual bags in the freezer. This way, I have an easy grab bag of delicious fruit I can either eat once it has thawed a little or put it in a smoothie or salad. I have put on my calendar every Monday, Wednesday, and Friday at 3:30 pm to do an exercise video because it is easy to forget to exercise when your regular routine is disrupted or your place of exercise is closed.

Remember, your overall health is more than just avoiding getting sick. Take time to focus on positive things and turn the media off for a few days, set reminders to eat healthy meals and exercise, and have a daily routine to keep you feeling focused and refreshed. Through this new phase of life, we can continue to get stronger and keep ourselves healthy.

The Center in Oak Harbor
51 SE Jerome St.,
Oak Harbor, WA 98277
Front Desk: 360-279-4580
Normal Business Hours: Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled
Yearly Membership Dues: $40
Available for anyone 50+ years
Liz Lange - 360-279-4581
Senior Services Administrator
Carly Waymire - 360-279-4583
Program Coordinator
Send comments and suggestions to CWaymire@oakharbor.org

2ND ANNUAL PIE CONTEST
Thursday, May 14 • 12:30 p.m.
The Center, 51 SE Jerome Street
Be a judge for our pie contest. Just $2 to be a judge and taste all the pies.

NATIONAL DONUT DAY
Friday, June 5
Join us at The Center for free donuts to celebrate National Donut Day!

The Center in Oak Harbor is looking for volunteers to host a table at our High Tea Hosts
Saturday, August 15
The Center in Oak Harbor

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By Carly Waymire
Program Coordinator
The Center in Oak Harbor Services
Member Spotlight: Joy Hill

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

Joy was born in Twin Falls Idaho and said, “I have had potatoes every way there is!” She is the mother to 3 children, one of which lives in Oak Harbor. She moved to Oak Harbor because she wanted to live in a peaceful area with little traffic and where she could walk around the town in. Since her son lived on the Island she had visited many times and fell in love with the beauty. When asking Joy where she was born she answered, “Twin Falls, Idaho” and said, “I have had potatoes every way there is!”

Joy has been an active member and volunteer at The Center in the past few years, she leads the walking club, is a part of the event committee, bartends for our foundation events, helps with the Whidbey Marathon water station, been involved with the High Tea, helps serve lunches, and is always willing to lend a helping hand. Joy said that she likes helping out and doing all of the activities that she enjoys at The Center. She said that she especially enjoys being the walking club. She is such a walking enthusiast that she even goes on what she calls, “walking vacations!” Joy has taken various trips through a travel company called Tator Tours that does their tour by walking places instead of the more classic coach bus style. In November, she visited three of the Hawaiian Islands and walked a minimum of six miles each day. Already this year Joy has taken a trip to Cuba and is ready to travel more once it is safe. Before being such a walking enthusiast Joy was an avid hiker. Some of her most memorable hikes include Mont Blanc, the highest mountain in the Alps and the Milford Track in New Zealand. Not only did Joy travel for pleasure but also for work, she spent 12 years in Germany and the Netherlands serving for the Department of Defense as a teacher and librarian. Joy also enjoys playing sports and has even coached many of them. She has done everything from cross country skiing, to playing golf, to softball, to tennis, and even soccer. When she isn’t walking and its nice out, you will most likely find Joy working in her garden or lending a helping hand. As you can tell, Joy is a very adventurous person and loves to get out and explore and help volunteer in the community. We are very fortunate to have her as a member and volunteer of The Center and love getting to know her more and more!

Nutty Knows You Need New Gutters!

Receive a $25 Darden Gift Card with your LeafGuard purchase!**

**All participants who attend an estimated 60-90 minute in-home product consultation will receive a $25 gift card. Retail value in $25. Offer sponsored by LeafGuard Holdings Inc. Limit one per household. Company reserves, sells, and installs gutter protection. This offer is valid for homeowners over 18 years of age. Insured or involved with a little planet, both participating persons must attend and complete presentation together. Participants must have a photo ID, be able to understand English, and be legally able to enter into a contract. The following persons are not eligible for the offer: employees of Company or affiliated companies, any member of the immediate family of a participant, previous participants in a Company in-home consultation within the past 12 months and current and former Company customers. Gift may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value. Gift card will be mailed to the participant via first class United States Mail within 21 days of receipt of the promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer not sponsored or promoted by Lowe’s and is subject to change without notice prior to reservation. Expires 05/31/2020.
In Need of Essential Items? We are here to Help!

If you need assistance getting essential items during this time, please call The Center at 360-279-4580. If there is no answer, please leave a message with your name, phone number, the essential items needed and a staff member will contact you.

Fabricating boat covers he served in the Navy for ten years and was stationed at NAS Whidbey from 1986-1999. During his time in the Navy he served as a parachute rigger, fire fighter, and hull tech. His skills working with snaps, elastic and poly carbonate have been honed over the past 28 years and he knew he could repurpose those skills and make the in demand, and short supply of face shields. It would be like making a marine dodger for a boat, but smaller and for your face, right?

Monday Morning, March 23rd at 3:00 AM Jen’s wife of 28 years, Sandra, asked what he was doing awake and when he said “face shields” they got to work sketching drawings and figuring out what type of materials would be best used. It was trial and error finding the right thickness in the clear bendable material of poly carbonate and right medical grade foam.

That morning his wife started making phone calls to figure out who in the community to contact to find out if these face masks were needed, and how to get them in the hands of those who needed them. I was fortunate to get that call from Sandra and connected her with Oak Harbor Fire Department Chief Ray Merrill who also connected them with WhidbeyHealth. Chief Merrill and Captain Craig Anderson were in contact with them the same day and worked to get the pattern down for what would best serve our first responders.

The supplies he uses to make these masks are getting harder to find as the Seattle warehouse Smith typically orders from is currently closed. So far, they have been able to order from other locations. Elastic was especially difficult. It took ten days to get the elastic order that normally comes overnight. The foam material isn’t something he typically keeps on hand but was able to obtain some medical grade foam material. The good news is that the masks can be re-used after being disinfected.

Smith is hesitant to let me share his story about making masks, but I am sure glad he did. He isn’t doing this for applause, nor is he selling them for a profit. He is naturally a very humble individual always quietly going about doing good. In fact he was sure to mention several times that this was a team effort and wouldn’t have happened without multiple people because “Good things happen when we work together. Boy is it hard! It is awe inspiring to hear of the many people in our community sewing and donating masks and helping neighbors. Let us all continue to find ways to help and lift others and remember, never suppress a generous thought. Together we are Whidbey strong.

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