Phased Re-Opening of The Center

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

Let me start by saying, we miss you all. We are working hard making plans for how and when we can safely start offering our services and programs. We are following the governor’s guidelines for a phased approach to re-opening. As many of you know, Governor Inslee has extended the Stay Home, Stay Healthy order until May 31. While we advance through the stages and reinstate certain programs, please note high-risk populations are to stay home and stay healthy until phase four. Included in the Center for Disease Control’s (CDC) high-risk population are those who are over the age of 65.

“Older adults, 65 years and older, are at higher risk for severe illness and death from COVID-19. Although COVID-19 can affect any group, the older you are, the higher your risk of serious disease. Eight out of 10 deaths reported in the U.S. have been in adults 65 years or older; risk of death is highest among those 85 years or older. The immune systems of older adults weaken with age, making it harder to fight off infections.”

We recognize this includes many of our members, and the people we serve with our regular programming. We know it is difficult, however, we are asking you to comply with the governor’s request when it comes to participating in programs at The Center. We care about the health and wellbeing of all our patrons and ask that you follow these guidelines to keep yourself and others well. If you are in the high-risk population for any reason, age or underlying health concerns, please do not visit The Center until phase four.

We are now in phase one, which will last a minimum of three weeks, but could be longer based on the measures the state is watching in testing and tracing COVID-19. In phase one, we will continue as we currently are, closed to the public and offering the shopping and delivery services for essential items to those at risk, Tuesday and Thursday book and puzzle table outside from 10 a.m. to 2 p.m., and virtual classes and programs. Island Senior Resources (ISR) services offered at The Center, including meals-on-wheels delivery, Time Together, Aging and Disability Resources (Cindy) and SHIBA counseling, will continue to operate as they have been for the last month.

Meals on Wheels is by delivery, no congregate meals, the in-person Time Together program is currently suspended, and appointments with Cindy and SHIBA are by appointment over the phone.

Phase two (possibility of beginning June 1 at the earliest): Our passport and pass-port photo services will restart. We are working hard making plans for how and when we can safely start offering our services and programs. We are following the governor’s guidelines for a phased approach to re-opening.

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Brown Bag Art

By Ivy Breen
Member & Art Instructor at The Center In Oak Harbor

This pandemic is terrible, awful and hard to live through but as you age, you tend to ride these life storms and look for the good things that CAN happen. One day as I was unloading my groceries from the Prairie Center in Coupeville, I was thinking about how lucky we are that Whidbey grocers have gone above and beyond to keep us all fed even at the risk of their own health and wellbeing. I looked at that common grocery sack and started to paint mini pastel landscapes on the pieces. Because they aren’t archival (I’m not either) I thought I would give them away. Every now and then I put them in the Pages on Pennington little free library for some lucky reader to find, take home and enjoy.

Art can have a profound effect on people. My humble little art pieces are my attempt to bring joy in unexpected places during this unexpected time. I have certainly enjoyed making them and plan to continue as long as the Prairie Center uses brown grocery sacks and the pandemic continues. I may be 65 but this makes me feel more like 5 again. Almost as good as painting fine art on pumpkins.

The back of a Brown Bag art piece

CLASSES and EVENTS
at The Center in Oak Harbor

WEEKLY ZOOM CALLS
Tuesday, 11 a.m.

The Center will continue to do weekly Zoom check-in calls Tuesdays at 11 a.m. Please contact Program Coordinator, Carly Waymire at cwaymire@oakharbor.org or 360-279-4583 to get the meeting information.

FREE BOOKS & PUZZLES
Tuesdays and Thursday, 10 a.m. - 2 p.m.

The Center will have their lending book library outside Tuesdays and Thursdays from 10 a.m. - 2 p.m. Help yourself to free books and puzzles. To maintain social distancing and keep everyone safe, we ask only one household looks at the books at a time. If you see someone is already browsing the table, please wait in your car until they leave. We also ask you to sanitize your hands with the provided sanitizer before and after looking at the books.

AGING MASTERY PROGRAM

We are proud to partner with the National Council on Aging to offer you the Aging Mastery Starter Kit. The Starter Kit will inspire you to take steps toward positive gain across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate in your daily life. Each starter kit includes; Aging Mastery Cookbook, Activity Cards, Exercise DVD’s, notepad, and a magnet. Together, we will work through the Aging Mastery Program (AMP) using the starter kit materials along with weekly Zoom meetings featuring special guest speakers.

AGING MASTERY PROGRAM SCHEDULE & TOPICS

Monday, June 22 – Gratitude & Mindfulness
Tuesday, June 23 – Explosive & Mindfulness
Thursday, June 25 – Health & Peelinng
Monday, June 29 – Finances & Future Planning
Thursday, July 2 – Connections & Community
Monday, July 6 – Creativity & Learning
Thursday, July 9 – Legacy & Purpose

If you are interested in getting your FREE starter kit or joining the class please contact Program Coordinator, Carly Waymire at 360-279-4583 or cwaymire@oakharbor.org. Class space is limited, please register by June 18.

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The Center in Oak Harbor, 360-279-4580
adapt and create revenue until we can return to our full programming. One way we plan to do this is rent the center to an individual household on an hourly basis for the use of that household to recreate with options such as ping pong, pool, karaoke, and Wii games. This opportunity will be available to members at a discounted rate, though please note, it is only for one household at a time. We are unable to offer it for groups. These rentals will not interfere with scheduling of our programs as they are added back in phase three and four.

Phase three (possibility of beginning June 22 at the earliest): Limited programming will be reinstated for those who do not fall in the high-risk category. Classes and groups will look a bit different, as we will be practicing social distancing and some groups may not be able to start at this time for that reason. Also, some of the programs previously scheduled times may change as we will need to limit the building capacity to under 50 people at a time. Carly and I will be in contact with our program leads to discuss this further as we get closer to entering phase three.

Phase four (possibility of beginning July 13 at the earliest): Programming will be open and available to all members, including those in the high-risk population, with continued appropriate social distancing measures. We will continue to keep you apprised to any announcements made by the governor that will impact our planned openings. We have a path forward, however, we do not have a clear timeline as all the dates are not solid, and will likely change in response to data from testing and tracing Covid-19 in our region.

Thank you for your ongoing support, we truly feel a commitment to serving our members and community. We are continually looking for ways to replace the revenue that has been lost during the closure, as it is needed to sustain our ongoing expenses. If you have ideas of ways to help in this regard, please reach out. Also, please contact either Carly, or myself, if you have any questions or comments or need assistance during this strange and difficult time. We find great hope for future days of seeing you all again. We sincerely hope you are well and staying connected to one another.

### WASHINGTON’S PHASED APPROACH

<table>
<thead>
<tr>
<th>Phase 1</th>
<th>Phase 2</th>
<th>Phase 3</th>
<th>Phase 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continue to Stay Home, Stay Healthy</td>
<td>Continue to Stay Home, Stay Healthy</td>
<td>Continue to Stay Home, Stay Healthy</td>
<td>Become active with physical distancing</td>
</tr>
<tr>
<td>- Some outdoor recreation (boating, fishing, golf, bowling, hiking)</td>
<td>- All in-door recreation (swimming, bowling, tennis)</td>
<td>- Limited non-social travel within proximity of your home</td>
<td>- All in-door recreation (swimming, bowling, tennis)</td>
</tr>
<tr>
<td>- Gatherings (social, spiritual, etc)</td>
<td>- Gatherings with no more than 1 person outside your household per week</td>
<td>- All in-door recreation (swimming, bowling, tennis)</td>
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</tr>
<tr>
<td>Travel</td>
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### Business / Employers

- Essential businesses
- Restaurants
- Retail stores
- Shopping malls
- Newspapers
- Television stations
- Printing of newspapers and magazines
- Direct Mail Services
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By Debbie Metz, Nutrition Director & Jessica Karpilo, Outreach Associate

In talks of nutrition and health, there is one thing that, despite its critical role, is often overlooked—water. Water is the most important nutrient we can consume. A person in good health can only survive about three days without water but can survive weeks without food. Staying hydrated can prevent hospital stays, reduce falls, improve cognitive thought processes, reduce constipation, and improve digestion. Water carries nutrients to our cells, medicine to where it is needed in the body, and helps remove waste products and toxins. Proper hydration is important for good health, especially as we age. Here are a few tips to help you, and your loved ones of all ages, stay healthy and hydrated:

**LEAVE REMINDERS**
Set alarms on your cell phone to remind yourself and others and to integrate “water breaks” into your daily schedule. If memory loss keeps your loved one from drinking the necessary amount of water, prompt them to drink frequently throughout the day. Place colorful sticky notes in highly visible areas or call them with frequent reminders.

**MAKE IT EASY**
Keep water readily available. Put several water bottles in the refrigerator or fill a small pitcher and place it next to a favorite chair. Offer liquids both with meals and without.

**BE CREATIVE**
Don’t overlook foods with a high water content that can supplement drinking water, such as berries, melons, cucumbers, apples, clear soup, and broths. As it gets warmer, try making homemade popsicles using fruit juice for a fun, hydrating treat. Remember to pay attention to your loved one’s preferences as they can change over time. Many people become more sensitive to temperature, and room temperature water may be preferable over cold. Generally, a person needs about six to eight cups of water each day. You can also try herbal teas, fruit juices, milk, or flavored water for hydration. Now go drink a glass of water!

You can request any of Island Senior Resources’ services, including grocery, pharmacy, or meal delivery, by going online to www.senior-resources.org and clicking “Online Help Request.” You can also contact Mark MacNaughton, Home-Delivered Meals Assessor, at 360-321-1615.
2020 Senior Farmer’s Market Produce Vouchers Arriving in June!

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

If you are 60 years old or older and your income is at or below $1967 per month for one person or at or below $2658 per month for two people, you are eligible for the program. Each person receives $40 worth of vouchers, in which eligible persons can take to participating markets and vendors to choose and purchase the fresh fruits and vegetables they enjoy eating or cooking.

There is a new SFMNP delivery system this year. Please call 360-321-1600, ext “0” to provide your required information, including your mailing address. We will be mailing out the vouchers to you once we have all the necessary information. Vouchers are good through October, depending on the Farmer’s Market seasonal time frame. We will be receiving updates on authorized markets soon, so times and locations may vary. We will provide updates when you call to sign up for vouchers.

PARTICIPATING MARKETS:
- Coupeville Farmers Market
  788 NW Alexander (behind Sno-Isle Library)
  Saturdays, 10-2 open now to October
- Bayview Farmers Market
  Bayview Corner, Hwy S25 and Bayview Rd
  Saturdays, 10-2 open now-October
- Whidbey Tilth Market
  Hwy S25 and Thompson Rd
  Sundays 1-2 open now-October
- Oak Harbor Farmers Market
  Hwy 20 in field next to Visitor Center
  Thursday 4-7 open now- late August
- Langley Farmers Market
  Between 1st and 2nd Street
  Thursdays, 2-6 open now-September

LOOK FOR THIS SIGN:

USDA & Washington State Sponsored
Farmers Market Nutrition Program

WIC Senior Farmers Market
Checks Welcome Here

WIC and Washington State Sponsored Farmers Market Nutrition Program

MEALS ON WHEELS MENU - JUNE

*6 Suggested donation for meals

WEEK 1
- Mon 1 Hawaiian Chicken
- Wed 3 Chile Relleno
- Fri 5 Chicken Tenders

WEEK 2
- Mon 8 Stuffed Rice Pepper Bake
- Wed 10 Tangy Chicken Salad
- Fri 12 BBQ Chicken Legs

WEEK 3
- Mon 15 Beef & Spinach Wrap
- Wed 17 Southwest Chicken Salad
- Fri 19 Crispy Cod & Mac & Cheese

WEEK 4
- Mon 22 Sweet & Sour Meatballs
- Wed 24 Cheeseburger Sliders
- Fri 26 Chicken Cordon Bleu Bake

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The Coronavirus Journey and Island Senior Resources

By Cheryn Weiser, Executive Director, Island Senior Resources

Although we can take a few deep breaths after traversing the first two months of the coronavirus journey, at Island Senior Resources, we understand we are in a marathon, not a sprint. We are following and will follow the guidance provided by Governor Inslee in his Safe Start Washington – A Phased Approach to Recovery Plan issued May 4. It is available on the governor’s website at: www.governor.wa.gov/sites/default/files/SafeStartWA_4May20_1pm.pdf. The Island County Health Department, a key partner in this journey, is responsible for implementing the governor’s plan for Island County.

What does Safe Start Washington mean for Island Senior Resources?

Island Senior Resources continues to offer a robust set of services during the pandemic: Aging & Disability (helps with accessing services and resources), Meals on Wheels, Medical Transportation, Family Caregiver Support, SHIBA Medicare Advising, Time Together At Home, and online support groups. Staff is available M-F 9 a.m. – 4 p.m., call 360-321-1600 or 360-678-3373.

Senior Thrift has a tentative opening date of July 1 for the public to access the retail part of the store. Senior Thrift may be open for donations prior to July 1, pending progress into phase 2.

Phase 4 will be the point at which Island Senior Resources will consider re-opening the Bayview Senior Resource Center, and community meal sites across Island County. Meal sites will be required to maintain a level of social distancing. We are in close collaboration with The Center in Oak Harbor about re-opening.

We at Island Senior Resources urge each of you reading this article to be patient, to stay safe, and to reach out to us if you need help. This unprecedented era is challenging for all of us and especially those members of our community who are high-risk. Our website offers an online help request form, and our main number leads you to professional staff who can assist you with what you are dealing with during this crisis. Please don’t hesitate to call: 360-321-1600 or 360-678-3373 option 0.

For up to date information as things change, check our website: www.senior-resources.org.

We are in this together!

FROM THE EXECUTIVE DIRECTOR

First and foremost, Island County needs to demonstrate it has had a decline in COVID-19 cases over a 14-day period. The Health Department also must demonstrate the ability to test, contact trace, and contain any outbreaks. The Health Department is currently in the process of setting up this capacity. Each phase will last a minimum of three weeks and if the rate of COVID-19 cases goes up again, the governor can elect to move back to an earlier phase to protect the public health.

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We are in this together!
Disruption can be a good thing. This is well known by shepherds. The reason shepherds are so often referred to in history as having slingshots (i.e. David and Goliath) is because disruption is their primary tool. Most of us think the shepherd’s primary tool is the shepherd’s crook, but that is simply not true; it just makes for good paintings. The real tool of a shepherd is the sling. It is a simple invention — a strip of leather, a stone, and a pocket. It makes for good paintings. The real tool of a shepherd is the slingshot — a small, long, narrow strip of leather in their pocket.

The shepherd watches the sheep. When a sheep or ram gets too close to something dangerous or wanders too far off, the shepherd takes out a slingshot, picks up a stone, and with the accuracy of a sharpshooter, flings the stone to hit the sheep. The stone hits the ground by her nose. She is startled by the sound. She looks up and then looks around. In this disruption, many of us have had to lift our heads like the sheep. We have looked around. We have seen the accumulation and into a season of helplessness. This COVID-19 time has been just such a disruption. It has startled a planet of humans and caused us to sit up and look at regular life and, in the silence of the disruption, allows us to see what is true and not just what is factual. And what is true, is gratitude for what we have.

The marvels of neurological science have shown us, only in the past few years, that the microscopic location in the brain, which activates when we give something away, activates for only one other thing; it activates when we receive a surprise gift. In other words, we humans are designed to get pleasure from giving things away. It is a way our species stays biologically alive. We are wired to give; and then to receive pleasure hormones as a biological reward when we give something away. In this disruption, many of us have had the chance to stop. Really stop. We have lifted our heads like the sheep. We have looked around. We have seen the danger. And we have seen how very much we have to be grateful for — how much we have. We simmer in gratitude. People who are generous have one thing in common. It is not religion. It is not wealth. It is not faith. It is not compassion or even empathy. What people who are generous have in common is gratitude for what we have.

By Charles LaFond, author, musician, OR cliff neighbor

The word disruption comes from two Medieval words: “dis” (apart) and “rump” (to break). A disruption “breaks us apart” from regular life and, in the silence of the break, allows us to see what is true and not just what is factual. And what is true, is gratitude for what we have. People who are generous have one thing in common. It is not religion. It is not wealth. It is not faith. It is not compassion or even empathy. What people who are generous have in common is gratitude for what we have.

We have looked around - seen what we have and what others need. We have become aware of our gratitude and become, as a direct result – generous. This is the very essence of silver linings. Our Island Senior Resources staff members are busy every day providing resources to enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them. They are on the front lines of this COVID-19 crisis. Please consider making a gift to the Annual Giving Campaign today.

To give to support Island Senior Resources, please go to www.island-senior-resources.org/donate where you can make a gift or a monthly pledge. Or you may mail a gift or pledge (to be paid anytime in 2020) to Island Senior Resources P.O. Box 939, Freeland, WA 98249. May this disruption inspire awareness of all we have. And may that gratitude result in generosity.
and needs made visible by the pandemic disasters, but the depth of disparities deep recessions, 9/11, and national love with the least amount of judgment. Throughout my career, I worked within desperate organizations where my pri- "Throughout my career, I worked within desperate organizations where my pri-"...”)

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For article, “Contrary to the stereotype of fragile older minds crumbling in the face of stress, the average older person is surprisingly resilient, drawing upon a lifetime of experience, knowledge and social connections.”

We don’t know what’s coming, but after listening to elder voices around me, I feel even better living in a community with 26 percent of my neighbors in this cohort of life experience and wisdom.

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