A Story about Margaret

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

There was a lady named Margaret who was 82 years old and lived in a small town in Washington. She was born in Seattle, got married when she was 18, and spent the rest of her life in Washington State with her husband, Harold. The two of them had four children, 13 grand-children, and six great-grand-children. As her children began to start their careers and get married they started moving throughout the United States and leaving Washington behind.

Even though Margaret’s family was spread around, they always made a reoccurring effort to gather together and visit Margaret and Harold in Washington. Holly, one of their great-grand-children, was 11 years old and very dear to Margaret. Since she was born, Margaret and her always had a special connection and would do everything together when she would visit from southern California. The whole time she came to visit, Holly was grandma’s little helper and would hardly leave her side. They always saw eye to eye on things until Holly was about to leave to go back to California and she asked her grandma if she would Faceetime her on the new phone Margaret had recently got when she was back home. Margaret’s immediate response to Holly was, “sorry, dear I am too old for that.” Holly was saddened by her answer, didn’t really understand it, and then explained to her grandma how she was going to miss her so much and teared up thinking about leaving the next morning.

As time went on, Holly would call her grandma and tell her all about dance class, her new friend at school, and how life was in California. Margaret would tell Holly to start their careers and get married they started moving throughout the United States and leaving Washington behind.

“Cultivating Buoyancy is a way of orienting to life; a process that offers a possibility for being with and responding to the difficulties; a practice of strengthening both equanimity and resiliency.”

~Anna Singh Deo

Holding Fast – Lessons from the Edge

By Christina Baldwin, Board Member, Island Senior Resources

When I moved from Minneapolis to Whidbey Island 26 years ago, one of the things I loved most was having a chance in the middle of my life to discover a whole new bio-region. Wow, huge spires of trees, wow, rugged mountains, and most of all, wow – beach. An inland girl who made summer trips to west coast cousins, I have always loved the edge of saltwater, and it has been (and continues to be) a huge privilege and delight to live and learn from the sea.

The lowest tides of summer are peak days, marked on my calendar for setting aside everything and heading to the rocky tide pools and sand flats that rim our island. When land-locked friends and relatives want to come to visit, I get out the tide log and try to coordinate their trip with a minus two or more stretch of beach. It’s a different summer this year, but the trees, the mountains, and the beach are still my major sources of solace and inspiration for how we humans will get through this time.

I hope the application of these metaphors to our times and our situation is obvious. Whatever our differences, our diversity of race or ethnicity, religion or spirituality, our politics and economics, Whidbey’s nature called us here, delights and disturbs us, and offers us lessons from the beach:

Change is the natural order. Change can be resisted or accepted; either way, it will not be stopped. First time down the community access stairs to the beach under our bluff neighborhood, I discovered a barnacle crusted wooden writing desk embedded in the sand. I was delighted and vowed to come back and find a way to bring my journal and enjoy some reflective nature writing. The next day I filled my backpack with notebook, pen, thermos of tea, and blanket to sit
Because of Island Senior Resources...

We recently received a letter from a man who said, “Because of Island Senior Resources’ Meals on Wheels program my parents were able to remain in their home for several years; it saved them thousands of dollars they would have spent on nursing home care.”

Please share your story with us about how Island Senior Resources has made a difference for you or somebody you know:

Because of Island Senior Resources ______.

Send to: feedback@islandseniorservices.org, call us at 360-321-1600 or 360-678-3373, or mail your reply to Charles LaFord, Island Senior Resources, P. O. Box 939, Freeland, WA 98249.

When you respond please tell us if we have your permission to re-print your story and if we may include your name.

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FROM ISLAND SENIOR RESOURCES STAFF AND BOARD OF DIRECTORS:
We acknowledge and mourn the violence against black lives and people of color that systematically occurs in American society. We are in a collective learning curve of profound importance. As an organization serving the essential needs of Island County seniors, adults with disabilities, and those who care for them, ISR is committed to ensuring equity within all our services and to upholding racial, ethnic, gender, economic, and environmental justice. We invite all members of our community to join us in being informed active allies, speak up, act peacefully, and be in solidarity with the culturally diverse communities that make up the whole of who we are.

Island Senior Resources, (360) 321-1600, (360) 678-3373 • www.senior-resources.org

July 2020

FROM THE EXECUTIVE DIRECTOR
Seeking Relationship, Resilience, and Adaptability

How are you doing? Are you finding words that adequately describe your feelings, your reactions, your questions, and your sense of uncertainly in these times? I frequently find myself searching for words that capture the essence of my reactions to what I have come to call COVID Time.

As we isolate ourselves from our normal face to face contact with our friends, family members, or the casual acquaintance at the grocery store, I’ve come to appreciate how important it is to reach out and stay in relationship with those we care about. In so doing, we are caring for ourselves.

I have a dear friend of 51 years who lives in Boston. In the past, in order to reach out and stay in relationship with those we care about, I have spent on nursing home care. “Because of Island Senior Resources’ Meals on Wheels program my parents were able to remain in their home for several years; it saved them thousands of dollars they would have spent on nursing home care.”

Friends and family living in the Puget Sound region have been much we care.

During COVID Time, we’ve made a commitment to connect to reach out and stay in relationship with those we care about.

In so doing, we are caring for ourselves.

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SWIRLING PEACE AND ECSTASY

By Charles LaFond, author, engager, ISR staff member

Recently I had a craving for Thai Peanut Soup. It is a very humble soup. Nothing like crab bisque or duck cassoulet. Just humble ingredients. Not glamorous but very beautiful. I had all the ingredients in the shed, so I set about to make myself a huge, steaming bowl. For me, it is comfort food, and comfort food is a good thing these days. If there is one thing the COVID-19 crisis may have accomplished, it is that we are willing to (forced to?) slow down and cook humble comfort foods again. We may be missing the excitement of street dances, but we can still rest in the peace of warm soup on a cool evening.

I could not but help to notice the ingredients and how they are reflecting my life right now and perhaps yours in our stressed confines of isolation and distancing. There is deep rich spiciness of the Thai spices and chilies. But there is also soothing, creamy peanut butter and coconut milk. The one by itself would be too much to manage. But the coconut milk is not a glamourous soup. It is mud-colored, but it is a beautiful soup. The coconut milk. The safety and the peace and the dance. The chili and the coconut milk. The safety and the sensuality. The sumptuousness and the simplicity.

CHARLES’ THAI PEANUT SOUP RECIPE

Heat 2 tablespoons butter on medium heat and add to the bubbling butter 2 stalks celery, 1 small onion and 1 teaspoon garlic – all three finely chopped or minced. Simmer on medium-high 2 minutes until onions are translucent but not browned.

To the simmering chopped vegetables add and stir quickly 2 tablespoons all-purpose flour. When the paste is well-cooked but not browned (one minute) add 2 tablespoons of Thai curry paste (or 2 tablespoons curry powder and 1/4 teaspoon red pepper). Stir well.

To the vegetable & curry simmer add 1 can (8 ounce) chicken or vegetable broth, 1 can coconut milk and 1 cup of peanut butter. Stir and simmer on low for 20 minutes.

This is a photo of my bowl of soup made last night, served in one of my homemade pottery bowls with a turquoise reduction glaze. I have garnished the soup with wasabi peas, candied ginger, and chopped Thai peppers. Hot. Crunchy. Smooth. Sweet. Sensual. As good as any dance or nap.

As I mixed the deep red Thai curry paste into the tan peanut butter, I wondered when will come a day in which we can embrace the ecstasy of peace and the sparkling dance together? When will we avert our shopping eyes from the internet and magazine ads? When will we stop confusing glamor and beauty? When will we leave the excitement and begin to swirl the peace and dance the way one swirls the chili oil and the coconut milk in a Thai Peanut Soup? This is not a glamorous soup. It is mud-colored, but it is a beautiful soup. The creaminess brings me into the ecstasy of peace while the spices sparkle and dance. We need new sensualitys these days.

With all due respect to the words of Emily Bronte’s novel, I want to swirl both the peace and the dance. The chilli and the coconut milk. The safety and the sensuality. The sumptuousness and the simplicity.

When will we leave the excitement of street dances, but we can still rest in the peace of warm soup on a cool evening.

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You can request any of Island Senior Resources’ services, including grocery 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, to sign up for Meals on Wheels at 360-321-1615.

BUY SMARTER

• Plan your weekly meals and foods. You can request any of Island Senior Resources’ services, including grocery 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, to sign up for Meals on Wheels at 360-321-1615.

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

If you are turning 65 or have questions about Medicare enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services, we are here to help! Volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources are providing consultations by telephone or email, as well as classes via Zoom.

To schedule a phone consultation, please call 360-321-1600 or 360-678-3373, option 0. To submit a question, email reception@islandseniorservices.org.

To join one of our classes on Zoom, please call 360-321-1600 or 360-678-3373, option 0. The receptionist will ask for your name, phone number, and email address. We will email you the link to join the class. Classes will be held via Zoom on:

- July 14, 10 a.m.
- July 29, 2 p.m.
- Aug. 13, 11 a.m.

We look forward to hearing from you.

Support Group Meetings now available online

Contact Island Senior Resource's Mel Watson at mel@islandseniorservices.org to receive information about joining any of the current Support Group meeting and how to attend them from your home using the Zoom online meeting solution.

**MEALS ON WHEELS MENU - JULY**

- **$6 Suggested donation for meals**

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<tr>
<th>WEEK 1</th>
<th>Monday</th>
<th>Hot Dog &amp; Potato Salad</th>
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<tr>
<td>Wednesday</td>
<td>Holiday</td>
<td>--Closed</td>
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<tr>
<th>WEEK 2</th>
<th>Monday</th>
<th>Chicken Caesar Salad</th>
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<tr>
<td>Wednesday</td>
<td>BLT Club Wrap w/Veggies</td>
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<tr>
<td>Friday</td>
<td>Penne w/Salmon &amp; Asparagus</td>
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<tr>
<th>WEEK 3</th>
<th>Monday</th>
<th>Meatball Sandwich w/Cheese</th>
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<tr>
<td>Wednesday</td>
<td>Barbeque Chicken</td>
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<td>Friday</td>
<td>Sliced Ham w/Pineapple</td>
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<th>WEEK 4</th>
<th>Monday</th>
<th>Turkey Swiss Arugula Pear Wrap</th>
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<tr>
<td>Wednesday</td>
<td>Mandrin Orange Chicken Salad</td>
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<tr>
<td>Friday</td>
<td>Tuna Croissant w/Lettuce</td>
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**CLOSED TUESDAY AND THURSDAYS**
Member Spotlight: Ted & Paula Mihok

Ted & Paula Mihok married each other 7 years ago near their hometowns in the bay area of California. Then 6 years ago they decided to move to Whidbey Island to enjoy their life together and being retired. The two of them have submerged themselves into the Whidbey Island community and already made a huge difference around them.

The Mihok’s are involved in various organizations, volunteer projects, and events on Whidbey. They have been active members at The Center and always willing to volunteer their time and resources. They have escorted trips, addressed newsletters for mailing, decorated & addressed newsletters for mailing, decorated, and helped organize the annual High Tea in May. They also enjoy line dancing and sharing their skills in art and cooking. Ted and Paula are also very involved at The Elks Club and help with the Friday night Fish Fry and a variety of different service opportunities. Paula mentioned how Ted will be working the kitchen while she is face painting and said, “We look for ways to plug in and serve.” Additionally, they volunteer with the Central Whidbey Lions Club and do all sorts of service projects including an annual Mexi-Cali mission trip. They also help build benches, make bunkbeds for Ryan’s House and many more projects. Ted and Paula are involved at the Yacht Club in Oak Harbor and enjoy rowing on the dragon boats. The two of them are also very involved in their church and find ways to serve there. In 2007 Paula became a grief share facilitator and now together, Ted and Paula have started four different grief share groups in Oak Harbor.

When the two of them aren’t involved in service projects they enjoy spending their time cooking and painting. Ted is amazing at making breads and curing meats while Paula can make anything look fabulous with a paint brush and some paints! They both love expressing themselves through their creativity. When asking about what they enjoy doing Ted said, “It’s always nice to learn something new and try something.” He has been taking up learning a second language using Duolingo, an application on his phone and learning to play a musical instrument. Paula has been using her creativity to make homemade air-dry clay and then sculpting into something new for many!

Together, Ted and Paula make a dynamic couple and add a tremendous amount for many!

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NEW LANGLEY CLINIC OPEN

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Magnets • Cards • Invitations • Printing • Copying
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Kaleafa Cannabis Company has the largest selection of CBD Products on Whidbey Island. Our professional friendly staff are ready to assist you in finding the right product to suit your needs. We are easily accessible and open 7 days a week.

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33858 SR 20, Ste 102 • Oak Harbor • 360-682-2420 • www.kaleafawwa.com
Margaret continued from page 1
would not only allow for them to talk
but also see each other at the same time.
Again, Margaret explained to Holly that
she was just too old for that and unable
to learn how to use it. She told her
how we old people just don’t do video
calls. Holly, again disappointed, didn’t
understand why her grandma always
responded to her requests with “being
too old.”
A few months later, Holly came to visit
as she typically did throughout the year,
but this visit was during summer break.
So Holly was staying longer than usual
and without her parents. With extra time
together, Margaret decided this was a
great time to teach Holly some of her
trades. When Holly woke up the next
day and asked her grandma what kind
of adventures they were going to go
on that day, Margaret told her, “Holly I
think it is time for me to pass some of
my knowledge and skills onto you.” Holly
very intrigued was curious to know what
her grandma meant by that. Margaret
told her how she was going to teach her
how to make her very own pair of knit-
socks. She would teach her grandchild,
but she is so happy she did!
All around us we are constantly told
to let age determine what we are able to
do, but let’s all take a lesson from Margaret’s little Holly and realize
what we are saying when we say, “I am
too old to do that.” Did you know having
a positive outlook about aging could
actually allow you to live longer? The
Wisconsin Institute for Healthy Aging
has found through extensive research
that those who have a positive attitude
about age tend to live 7.5 years longer
than those who have a negative view. As
you try something new or even continue
doing what you love, remember Holly’s
advice – you don’t have to be perfect or
a wizard at it and everyone makes mis-
teams or friends did it. Margaret almost
burst into tears, because it was in that
moment she realized it was her who put
those ideas in Holly’s head that there
is a thing as “too old” which she then
reflected into “too young.” “Oh honey,
you are not too young and you are right,
grandma was wrong when she said she
was too old to knit. It was then Holly
explained to her grandma that anytime
she wanted to video chat or email with
her grandma, she always received the
response, “I am just too old for that” and
“us old people don’t do that, so” Holly
was convinced she was too young to knit
because not a single one of her class-
mates or friends did it. Margaret almost
had always been that whatever she was
done had been that whatever she was
doing. Holly was right by her side and
wanting to help or learn.

The next day, Margaret asked Holly
again about going to the store to get
some yarn and learning how to knit
to see if Holly’s attitude had changed
a little bit. Holly said, “oh I am just too
young for that, why don’t we go get
some nail polish and paint each other’s
nails.” Margaret told her that would be
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she wanted to video chat or email with
her grandma, she always received the
response, “I am just too old for that” and
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