Calculated Risks and Daily Joys

By Christina Baldwin, Board Member, Island Senior Resources

In the old days, BC (Before COVID), we took our grandchildren on a summer road trip to Yellowstone Park. We saw geysers, elk, bison and a faraway bear. We did an adventure day of horseback riding in the hills and rafting on the Yellowstone River. For our Los Angeles-raised grandchildren, this was their first time on a horse and first time rafting rapids. Our sweet granddaughter (then eight years old) had to work through her fears several times that day. She let us reassure and support her, and at the end of the day, she was triumphant. We turned in our gear at the outfitters and celebrated her courage eating ice cream cones.

Wrapping her in my arms, I ventured into a teachable moment. “Do you know the difference between risk and danger?” I asked. She shook her head. “A risk is when you decide to cross the street so you go to a crosswalk, look both ways, and step off the curb knowing you have done everything you can to protect yourself, and others, like drivers and bicyclists, can watch out for you, too.” Her strawberry double scoop was melting fast, but she was listening. “A danger is when you decide to cross the street and just run out between parked cars without looking, and hope for the best. You’re not taking care of yourself, and you’re not giving anyone else the chance to look out for you.” She shivered.

“Your grandparents have lots of practice taking risks and learning from them. We will ask you to take risks – like we did today – because that is how you grow more confident, and we will never ask you to do anything dangerous.”


That was last year. This year it’s hard to tell the difference between a risk and a danger. It’s the first time in years the grandchildren haven’t been up to Whidbey for spring break and summer camping. We miss each other, but as we calculate it, the risk of visiting verges on danger.

Understanding these changeable lines of demarcation, individually and collectively, is an ongoing challenge for us now. We are in a constant learning curve as we decide what risks are worth taking and teach ourselves how to make these decisions. It seems every time we settle into a routine, what we were counting on comes up for review. For example, I established a particular store, day, and time, for my weekly grocery runs, but when island drivers and bicyclists, can watch out for you, too.” Her strawberry double scoop was melting fast, but she was listening. “A danger is when you decide to cross the street and just run out between parked cars without looking, and hope for the best. You’re not taking care of yourself, and you’re not giving anyone else the chance to look out for you.” She shivered.

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Welcome Jay Lovelady, Program Assistant

Paul Carter is an active member of The Center in Oak Harbor and is very involved in the Whidbey Island Gem Club (WIGC). The WIGC operates at the lapidary building (also referred to by members as the “rock shop”) at The Center. Paul served in the Navy for 31 years which is what brought him and his family to Whidbey Island in 1996. Then, 10 years later the Navy sent Paul and his family back to Whidbey where he would finish out his career. Paul and his wife Cindy, really like the Island and have decided to call this place their home. When Paul was first stationed on Whidbey, he got involved with the WIGC as rocks and gems had always been a part of his Paul’s life. He started collecting rocks with his dad when he was only about five years old and has been helping them to pay for his newfound hobby and hopes to keep making and selling them to other friends and family members because he enjoys it so much and what he knows. Cindy said, “He went from rocks to rings!” But she seemed excited about it too, as she does many of the bazaars and trade shows in the area to sell the products both her and Paul make. Besides cutting open rocks and making beautiful jewelry out of it, Paul enjoys spending time with his family. Paul and his wife Cindy have two kids and four adorable grandkids. He enjoys doing everything with the grandkids when he gets the chance to see them. In his spare time, he used to play golf before suffering a multiple shoulder injuries. He also enjoyed playing other sports and is still a bigtime NASCAR fan. We are very delighted to have Paul and Cindy Carter as a part of our community and Center as they bring their skills, creativity, positive attitudes, and generosity to us.

AGING continued from page 1
...the book and we had subject knowledgeable guest speakers for each topic. It was great to watch the participants grow together, converse, and even teach each other. Here is what the participants are saying about the program:

“It was good to focus on various aspects of living well as we travel through this journey of aging. I was surprised how much I enjoyed not only the facilitators but the participants themselves. I ended each session with thoughtful ideas and a chuckle or two.”

“amazing experience! I am so glad I joined even though I had never used Zoom before.”

“You have to keep growing and learning and this program is exactly what I needed to help me do that.”

“I not only learned a lot but I also made friends and connections I didn’t realize I was missing out on.”

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guidelines, or actions, that you are encouraged to incorporate in your daily life. The Starter Kit includes; the Aging Mastery Playbook, Activity Cards, Exercise DVD’s, notepad, and a magnet. Cards, Exercise DVD’s, notepad, and a magnet. If you are interested in getting your starter kit do to your own self-paced journey alone or to join in Zoom discussions, please contact Program Coordinator, Carly Waymire at 360-279-4583 or cwaymire@oakharbor.org.
**CLASSES and EVENTS at The Center in Oak Harbor**

**VIRTUAL PROGRAMMING**

We are now offering Exercise Class and Yoga through RingCentral (powered by Zoom). The cost is $25 a month for Center members and $35 for non-members. Currently, we are unable to offer a drop-in rate or take insurance reimbursements. We can take payment over the phone, by mail, or we can set up a drop off time. To enroll in the class, please call the front desk at 360-279-4580. Once you have been enrolled in the class and sign the waiver, we will send you the login information to join. If you are new to the virtual communication world and would like assistance getting started, Liz or Carly would be happy to guide you through the process.

**EXERCISE CLASS**
Monday, Wednesday, & Friday • 9:45 a.m.  
Instructor: Bernice Manglona-Charlton

**YOGA**
Tuesday & Thursday • 8:30 a.m.  
Instructor: Maria McGee

**NEW FRONT DESK SOFTWARE**

We will be installing a new software program to track our memberships and also allow for online sign-ups for classes and trips in the future. This should make sign-ups more user friendly and efficient. We are excited to implement the change. Watch for more information to come!

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**NOW ACCEPTING PATIENTS IN LANGLEY!**

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

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Wednesdays & Fridays 9:45am-4pm

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**20 N.W. Birch Street, Coupeville**
coupevillehearing.com
Choosing healthy meals as you get older

Making healthy food choices is a smart thing to do—no matter how old you are.

Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1. Drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2. Make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or church may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3. Plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4. Know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate’s SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dinner might be enough for two meals or more.

5. Vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

6. Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don’t miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7. Use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8. Keep food safe

Don’t take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9. Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10. Ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Check Out New Library Services!

By Sno-Isle Libraries

While the doors are temporarily closed to help the community stay safe from COVID-19, the six community libraries in Island County are still offering customers a variety of materials, resources and events. And, they are offering customers choices about how and where to access the libraries, either online or through a contact-free pickup service.

All six libraries - Clinton, Langley, Freeland, Coupeville, Oak Harbor and Camano Island - are part of the Sno-Isle Libraries system across Island and Snohomish counties. Each library can access all of the 1.6 million items in the Sno-Isle Libraries collection.

When coronavirus concerns prompted the closure of buildings to the public in March, the library system quickly pivoted to focusing on digital materials that are available online. The library website (www.sno-isle.org) emphasized e-books, e-audiobooks, digital versions of magazines and comics as well as movies, video and TV shows that can be either downloaded or streamed online.

In addition, a broad range of online learning opportunities came forward. Genealogy, languages, tech classes along with an enormous number of research databases – including consumer-oriented publications such as Consumer Reports – are all available online.

The library system even made it easier to get the always no-charge library card online (www.sno-isle.org/getcard).

For many regular customers who may have been accustomed to coming to their community library to browse the shelves, the richness of the online offerings was a new experience.

To help customers who know how to navigate their library, but are less familiar with the online world, the library also offers tips (www.sno-isle.org/device) about how to use the various apps for phones and tablets in the online experience. The libraries also have one-on-one help sessions with a librarian by phone, email or even Zoom (www.sno-isle.org/book-a-librarian).

Staying connected with others has been a challenge in recent months. Social hours, book groups, craft and chat, pub trivia, art classes, writing groups, cooking groups and more are all happening online, often in Zoom meetings. These events and classes are key to maintaining socialization contacts with others (www.sno-isle.org/events).

And recently, as state restrictions have eased somewhat, customers can again check out and return books, magazines and other physical materials, such as DVDs and CDs. Contact-free pickup and return of physical material is available at each library during operating hours. Unfortunately, in-library services are still not available at this time. To check physical materials, customers can browse online and use your library card to place items on hold for checkout. When the items are ready, the customer receives an automated email and/or phone call. Then:• Come to the library where the items are on hold. • Call the pickup-notification number posted at the library. • Show ID at the main door • A staff member will place the items outside the door in a labeled and recyclable paper bag.

- To return previously checked out items, just place them in the designated return crate outside the library or use the outside book drop if it is open.

Here are just some of the online resources available at www.sno-isle.org:

**BOOK LISTS**
- New titles
- eBooks & Audiobooks
- Awards & bestsellers
- Staff picks & book clubs
- Recent ratings & reviews

**MOVIES AND MORE**
- New DVDs
- Streaming video
- Digital magazines
- Newspapers
- Comics & graphic novels
- Music

**EVENTS**
- From adults to babies and parents, a full spectrum of online experiences.

**HISTORICAL PHOTOS**
- Photos from local historical groups and news organizations

**GREAT COURSES**
- Feed your mind and body with these courses on science, religion and spirituality, literature, ancient civilizations, history, self-improvement, health and fitness, cooking and food and even martial arts.

**LANGUAGES**
- Use Mango Languages to learn more than 70 languages using real-life situations and actual. Courses available in more than 70 languages.


**TECHNOLOGY**
- Lynda.com offers video tutorials on web design, business skills, photography, Microsoft Office and much more.
- Microsoft Academy training covering cloud computing, business skills, photography, office applications and more.
- The 16th century.

**GEOGRAPHY**
- NewsBank - The largest and most comprehensive collection of newspaper obituaries and death notices.
- Ancestry Library Edition - The largest online family history resource, home to billions of historical records, millions of family trees and lots of helpful, time-saving tools.
- MyHeritage Library Edition - Over 8 billion primary historical records from the United States, Europe, and other regions, with coverage starting from the 16th century.

**DATABASES**
- Literally hundreds of research databases from the New York Times and investment information to small engine repair.
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:
- Aug. 13, 11 a.m. • Aug. 24, 1 p.m. • Sept. 15, 1 p.m. • Sept. 25, 10:30 p.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.

Time Together @ Home with Zoom Support Group
- Every Monday, 11 a.m. – 12:30 p.m.
- Parkinson’s support group
- Every Tuesday, 10–11:30 a.m.
- Alzheimer’s and Dementia Caregivers Support Group
- Every Wednesday, 10 – 11:30 a.m.
- Parkinsonics and friends Singing Group
  (for those living with Parkinsons, their caregivers and anyone who likes to have a good old sing-a-long)
  Every Thursday, 2:30–3:30 p.m.

Contact mel@islandseniorservices.org to receive information about joining any one of these groups, or to request additional support group meetings.

MEALS ON WHEELS MENU - AUGUST

*6 Suggested donation for meals

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<tr>
<th>Week 1</th>
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<td>Greek Salad Bowl w/Chicken</td>
<td>Spinach Salad w/Mandarin Oranges</td>
<td>Roast Beef Wrap w/ Lettuce &amp; Tomato</td>
<td>Deli Turkey, Ham, &amp; Cheese Wrap</td>
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<td>Bratwurst w/Sauerkraut</td>
<td>Lemon Braised Chicken Tenders</td>
<td>Orange BBQ Chicken w/Potatoes</td>
<td>Greek Chicken Thighs w/Olive &amp; Feta</td>
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<td>Turkey Ranch Wrap w/Veggies</td>
<td>Chicken &amp; Fettuccini Salad w/Veggies</td>
<td>Bacon, Peas, &amp; Artichoke Orzo Salad</td>
<td>Asian Chicken Ramen Salad w/Almonds</td>
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**Closed Tuesday and Thursdays**
Go Simple this Summer

In a world filled with complexity, it feels like a good time to enjoy the simple things. Life on our Island is a little different this year as one goes to the grocery store, wondering if that person across the produce section is the friend that you haven’t seen for a while. You wave and say hi, but there are no lingering conversations next to the potatoes as you may social distance and experience the limits of conversation while using a mask.

Or, you head for a local eatery with outdoor seating on a warm summer’s day to see a family member that you have only interacted by phone choosing the largest table to allow space between you.

Amid the COVID-19 world, we are living in and through, it seems a good time to go with simple. What is simple? ...a walk on one of Whidbey’s trails, extra time in the garden, mastering Zoom to connect with friends and family members that might otherwise be paying a visit to the Island this summer, reading a new book, watching a good movie, trying out a new recipe just for fun, organizing the memorabilia that has been waiting for another level of the sort and pitch process that comes with this stage of life, getting involved with a local or national organization at this time of need, or learning how to access Sno-Isle Library System through their online portal. Sit with your cup of tea or glass of wine and jot down a list of the simple things you can do this summer that give you pleasure and restore a sense of well-being. We are building our skills in spending time alone or with a limited group of those we live with or are close to. We know this will go on for a while.

However you are spending your time these days, enjoy the simple things. It’s a great time to appreciate the essence of life. These long days give us much license to be outdoors, to relax in the green that is lasting longer than usual given our cool, wet spring, and to relax into the interlude of summer. We all deserve to take a breath amid the multiple levels of charge around us. To take a breath to help us traverse the ambiguity of well-being. We are building our skills in spending time alone or with a limited group of those we live with or are close to. We know this will go on for a while.

Enjoy the summer!

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... Please send to: feedback@islandseniorresources.org.

Caring Cards

One of our local artists, Patti Stein, wanted to do something to make a difference in the lives of recipients of Meals on Wheels and to thank the generous volunteers who deliver meals. She handmade hundreds of cards which have been delivered and brightened days for so many people. Thank you, Patti, you really made a difference! “I do hope others will do something similar for those who are isolated and have little contact with the world right now.”

If you’d like to make cards, please let Debbie Metz, Nutrition Director, know 360.321.1600. It’s also a great summer project to do with grandkids; they can draw a picture or write a sweet message. It will welcomed, and deeply appreciated.

How to Reach Island Senior Resources

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

Nutrition/Meals on Wheels Aging & Disability Resources

Family Caregiver Support

Time Together Adult Day
In Home Care
Case Management
Medical Transportation/ Volunteer Services

SHIBA
Senior Thrift
360-321-1600 or 360-678-3373

Oak Harbor Aging & Disability Resources
360-675-0311

For more information, visit www.senior-resources.org

Our Locations

Island Senior Resources
459 Oak Ave.
Freeland, WA 98249

Current Status: CLOSED

Island Senior Resources Board of Directors

June Nallion: President
Kathryn Beaumont: Vice President
Lori Christian: Treasurer
Jason Pryde: Secretary
Christina Baldwin
Walt Blackford
Nancy Bolin-Romanski
Wendy Gilbert
Julie Jostyn
Marie McElligott

Executive Director: Cheryn Weiser

Please contact Island Senior Resources at 360-321-1600 or 360-678-3373

Island Senior Resources eNews!

Join our email list and receive our monthly eNews the last Friday of every month. It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.
With an Abundance of Caution

By Cheryl Weiser, ISR Executive Director

Who knew that our world was going to change so drastically in 2020? Today, much ambiguity continues. Will the current uptick in positive tests for coronavirus continue in Island County and Washington State? If this is still the first wave, will there be a second wave in the fall and even a third wave after that? Will we face another Stay at Home order? If you are in the high-risk category due to age or chronic health conditions, how do you live your life now? We have managed since early March to continue delivering the vast majority of our services via phone, email, and website. However, a nagging question remains, "When would it be feasible to re-open the Island Senior Resources Center at Bayview?" We have awaited guidance from state or local officials. We have consulted with other similar organizations like the Center in Oak Harbor and the Camano Center on Camano, as well as other organizations and government entities across the United States. For instance, community meal sites across Washington are choosing to remain closed indefinitely. We’ve asked, how could a community meal program serve people while maintaining social distance? If one of the primary purposes of community meal sites is to connect with other community members, how do we support community while social distancing? In addition, the Bayview Center is nearly 50 years old and the ventilation is not great. What are the risks an aging building presents to our community members? Based on our research to date, we have determined that the best course of action, for now, is to keep the Center closed indefinitely. If the conditions change, we will make a new decision. During the pandemic, we will continue to deliver services and maintain facilities with the following goals and operating assumptions in mind:

GOALS:
• Protect the health and safety of participants and clients
• Assure continuity of services and programs
• Assure the health and safety of our volunteers
• Assure the health and safety of our employees
• Operating Assumptions:
  • Be proactive
  • Use an abundance of caution
  • Act in ways to reduce fear and anxiety
  • Instill peace of mind
We care deeply about all of the residents of Island County. Reach out to us by phone, email, or connect on our website. Above all, please stay safe as we navigate these uncharted waters!
As the months have progressed, Mel has noticed, “This experience has triggered new
ance versus in person. ”

who had been attending the day program and who could tolerate a virtual experi-

and focus on how we could connect in new ways. I created opportunities for folks to

into Langley reads, “Six feet apart… Together at heart.” Whidbey in summer offers us

ways to gather with chairs spaced out around the patio providing social dis-

acknowledge grief and acceptance.

When I followed this chart regarding my grocery shopping, it helped me shift to a

RISKS

Probable outcomes Impact on self & others Rewards & losses

The thing I want: a thriving sense of community during and after this time.

The thing I want: 

The thing I want:

Risks I take impact

My emotions are like the weather: hold on in a storm and bask in the sun.

What I have decided: To stay the course, to ask for what I need and offer what I can.

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

TJ Pierzchala

Eric Marshall

Penny Hill

Teresa Besaw

Noah Marshall

5 NE 4th Street • Suite B • Coupeville

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1600 Continental Place • Suite 101 • Mt. Vernon

3614 Meridian Street • Suite 200 • Bellingham

www.RosarioSkinClinic.com