We are well into our way of the next season, autumn, and you have probably got your jackets, boots, hat, and gloves out by now. The four distinct seasons: spring, summer, fall, and winter are one of the things I appreciate the most about where we live in the Pacific Northwest. However, every few months when we transition into the next season it is hard for me to let go of the one we were just in. At the change of each season I always ask myself, why are you so sad the season is over? This year when once again summer ended and fall began, I reminded myself that summer will be back again in less than a year. When I still felt uneasy about letting go of summer I reminded myself that summer will be back again in less than a year. When I still felt uneasy about letting go of summer I reminded myself of all the things I enjoy about the fall including the beautiful bright colors, pumpkin spice everything, football games, Thanksgiving, turning on the fireplace, wearing boots and scarves, and the list continued. Even with so many things I enjoy and have to look forward to in the next season, I was still hesitant to put away my suntan, shorts, sandals, and patio furniture this past September. This time, as summer came to and autumn began I thought a little bit beyond the weather outside and how life is also made up of seasons and sometimes we have the same hesitation about growing out of one season and transitioning into the next season of life just as we do putting our summer sandals away and bringing out our warm boots and jackets. This larger concept of seasons not just being the weather season of life just as we do putting our summer sandals away and bringing out the same hesitation about growing out of one season and transitioning into the next season, I was still hesitant to put away place, wearing boots and scarves, and the list continued. Even with so many things I enjoy and have to look forward to in the next season, I was still hesitant to put away my suntan, shorts, sandals, and patio furniture this past September. This time, as summer came to and autumn began I thought a little bit beyond the weather outside and how life is also made up of seasons and sometimes we have the same hesitation about growing out of one season and transitioning into the next season of life just as we do putting our summer sandals away and bringing out our warm boots and jackets. This larger concept of seasons not just being the weather

**QUESTION OF THE MONTH:** WHAT IS YOUR FAVORITE THANKSGIVING TRADITION?

Jamie Farage-Conners
Clifton
“We take a family portrait since everyone looks nice and we are all together.”

Alice Pell
Oak Harbor
“I like to cook fresh sweet potatoes and homemade cranberry sauce and then play games until all hours of the night.”

Heather Mayhugh
Langley
“Sitting down to a meal with others who are without family.”

Michael Murcray
Oak Harbor
“Eating turkey”

Lilia Meserve
Oak Harbor
“My Mom’s stuffing, I remember her stuffing was just delicious.”

Robin Bush
Langley
“Helping prepare meals for Mobile Turkey Unit volunteers to deliver on Thanksgiving Day.”

Marianne Tuttle
Coupeville
“Having family get-togethers”

Nathan Welever
Clifton
“We’d host dinner for staff and residents where my father worked (group homes for autistic children and adults). I loved seeing everyone together being thankful for having someone to count on and be there.”

“We must not be enemies. Though passion may have strained, it must not break our bonds of affection.” —Abraham Lincoln

**Keeping it Kind**

By Christina Baldwin
Board Member, Island Senior Resources

We know the voice of judgment, the repetitive commentary in our minds: an internal frown of diappraisal, the disappointed tone of an angry parent or partner, teacher or preacher. “What were you thinking?”—implies, of course, that we weren’t thinking at all. The reaction is shame or blame: we close down, or we close others down.

We also know the voice of curiosity, the surprise observation of delight or question, the voice of wonder in a child, or the inquisitive-self within. “Did you ever imagine?”—implies, of course, that we can consider other possibilities. The reaction is open-ended inquiry: we open up or help others open up.

Curiosity is the basic underpinning of relationships. Through curiosity, strangers become acquaintances. Whenever we say hello to a stranger, two questions lie just beneath the surface: “Who are you?” and, “Want to know who I am?” When the response to these basic questions becomes judgmental, “Who I am is none of your business, and I don’t care who you are;” we have lost the foundations of community-building. The result is polarized social, political, religious, and racial silo-ing. We talk and listen to people, information, and opinion presorted to keep us comfortable.

In the dangerous polarization of America today, a Whidbey-based organization called Civility First is working to shift our conversations from judgment to curiosity; to help people listen to one another and discover commonalities that help hold our communities together in the midst of our differences. Kate Bracy, a retired Public Health administrator, living in Clinton, is the current president. She says, “The organization got started in Cathy Whitmire and Tom Ewells living room in 2016 in response to the animos-

**QUESTION OF THE MONTH: WHAT IS YOUR FAVORITE THANKSGIVING TRADITION? continued on page 12**

**KIND continued on page 3**

In addition to being your favorite source for news and events on the island, Whidbey Weekly is also your source for:

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**Look for Island Times the LAST Thursday of each month**

NOV. 2020

**Monthly Newspaper of Island Senior Resources and the Center in Oak Harbor**

Volume 4 • Issue 7

**Whidbey Weekly**

1131 SE ELY STREET • OAK HARBOR • 360-682-2341 • WWW.WHIDBEYWEEKLY.COM

**Choose Civility - Choose to Be Kind**

By Danielle Rideout Bishop

Submission courtesy of Civility First 2020 Art Contest. Collage by Danielle Rideout Bishop
FROM THE EXECUTIVE DIRECTOR

GRATITUDE

by Cheryl Weiser, Executive Director, Island Senior Resources

What are you grateful for? Who are you grateful to have in your life? How are you expressing your gratitude?

In the speed and the isolation of this era, it’s easy to see the glass as half empty and forget to acknowledge that which fills our glass, at least half full. As November ushers in a season of gratitude, I hope you take a few moments to reflect on what and who you are grateful for.

As I look outside and take in the changing colors on the trees that surround my home, I feel gratitude for the gifts of fall color, crisp days, and the renewal that the fall rains bring. I am grateful for the trees and bushes that support the songbirds and the bees, for the fireflies that dance around our home, for the new woods that sprout where we have cut down trees. I am grateful for all the good-hearted people who want to join hands during these times to find common bonds and explore our differences showing respect and building trust as we engage one another. Although this era feels threatening to our very existence, it also holds the seeds of innovation and opportunity if we can join hands.

May you know the joys of gratitude during this fall time. I am going to look for ways during November to share my gratitude with others as a way of joining hands and making our world just a little bit better. Will you join me?

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IRA Required Withdrawals Support Charitable Giving

By Charles LaFond, Retired CPA, tax advisor

Never, in the past nearly half-century of Island Senior Resources’ work, has the agency been called upon to provide as much service to so many clients in such a brief amount of time. While 300 or so calls for help were received monthly by Island Senior Resources in 2019, the call volume increased to more than 600 per month in the COVID-19 spring. Calls now total more than 1,100 each month. We are grateful to the generous donors who help us meet the needs of our community. Some give $10 a month and others as much as $50,000 annually to support our Annual Giving Campaign, which helps fund our $4.2 million budget. There is a great way to donate and possibly save money on taxes at the same time!

Once annual withdrawals from traditional retirement accounts are required after age 70 1/2, there may be penalties for not withdrawing the minimum distribution, or taxes may need to be paid on the withdrawal. Some people may be able to save paying income tax on their required IRA withdrawal by donating the withdrawal, or part of it, to a qualified charity with a 501(c)(3) nonprofit status. (Consult your tax advisor). Many are finding it best for their taxes—and best for their island—to donate some of these funds directly to Island Senior Resources and other worthy charities. Rarely is there such a win-win situation in life. We give what we give because we are grateful for what we have and want to share some of what we have as an act of empathy. The challenges people face in their final decades could happen to any of us. Island Senior Resources is here to help. How wonderful, as Thanksgiving and Christmas approach, that sometimes even our tax accountants encourage us to give!

Now there will finally be a place for all those items you cleaned out of your closets during quarantine! Donations will be accepted Sundays only 9-11 a.m. or until capacity is reached. 360-321-1600

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Sandi added, “After the last election, we want to ensure we’re not tone deaf. Board is equally populated and diverse. I sought, and I trust her. We make sure the organization’s vice president, of the island we want to live on.”

According to Kate, Sandi says, “She truly cares about humanity. I seek her advice, counsel, and I like her so much! We listen to each other and are a tiny group hosting a very ambitious mission in Oak Harbor, Kate says, “I couldn’t disagree with her more significantly. Just ask. Listen. We can exchange views and still create the island we want to live on.”

Of the organization’s vice president, Sandi Peterson, former planning commissioner in Oak Harbor, Kate says, “I couldn’t disagree with her more significantly. I seek her advice, counsel, and I like her so much! We listen to each other and are a tiny group hosting a very ambitious mission in Oak Harbor, Kate says, “I couldn’t disagree with her more significantly.

Kate concluded, “Community cannot to help someone in need regardless of political viewpoint.” Kate said, “I can barely imagine how hard sensitivity no matter what. Civility is sometimes been misused to control the tone and depth of conversations. “As a privileged white person, I feel outrage,” Kate said, “I can barely imagine how hard sensitivity no matter what. Civility is sometimes been misused to control the tone and depth of conversations. “As a privileged white person, I feel outrage,” Kate said.

Kalea Cannabis Company has the largest section 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.
Thanksgiving Meal News

Wednesday, Nov. 18 - 11:30 a.m. - 12:30 p.m.

Island Senior Resources is offering take-out holiday meals Wednesday, Nov. 18 from 11:30 a.m. - 12:30 p.m. at Island Senior Resources (Bayview), CamBey Apartments in Coupeville, The Center at Oak Harbor, and Camano Center. Donations for the meals are requested to help keep the program going, but no one will be turned away if unable to donate. There is a limited supply of meals; first come, first serve.

If anyone needs to start Meals on Wheels deliveries please call, Mark MacNaughton, 360-321-1615 and your Thanksgiving Meal will be delivered. Also, on Thanksgiving Day, Mobile Turkey Unit Volunteers are delivering meals to homes from Coupeville south. Call 360-321-9782 to reserve a meal.

Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive devices? Maybe you have some to donate? The ISR Medical Equipment Lending Library is open for donations and pickups every Monday, Wednesday and Friday from 1-4 p.m. at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room door entrance. Please make sure any donations are fully functioning and clean.

Medicare Open Enrollment help is just a phone call away!

To keep you safe during COVID-19, we’re doing:
• 1:1 phone & virtual counseling
• Online presentations

Call SHIBA for FREE, UNBIASED help:
360-321-1600, ext. 0

We’re your local Statewide Health Insurance Benefits Advisors (SHIBA) program
We Can Help You with Medicare!

Medicare 2021: Medicare’s open enrollment runs Oct. 15 - Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans to meet your needs next year. There are big changes in Medicare in 2021 for some enrollees. Island County has new Medicare Advantage Plans. Learn about changes in premiums and formularies for Part D prescription plans to take effect January 1st. The right plan can save you hundreds of dollars in premiums and co-pays! We will help you understand what is best for you! Attend a Zoom class on any of the dates below.

Getting Ready for Medicare: If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a “Getting Ready for Medicare” seminar on Zoom, offered by SHBA (Statewide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1-1.5 hours.

Information will be provided about:
- “Basic” Medicare benefits
- Changes for 2021 (covered in the Medicare 2021 classes)
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or Zoom; call 360-321-1600 or 360-678-3373 ext 0. To obtain a Zoom link for any class, go to www.senior-resources.org/shba and click on the link for the specific date/time. Pre-registration is required.

MEALs ON WHEELS MENU
NOVEMBER

WEEK 1
Mon 2 Pulled Pork on Brioche Bun
Wed 4 Beef Stew & Biscuit
Fri 6 BBQ Chicken Legs

WEEK 2
Mon 9 Cashew Chicken w/Macaroni Salad
Wed 11 Italian Sausage Bean Casserole
Fri 13 Moroccan Beef & Pumpkin Bake

WEEK 3
Mon 16 Chicken Cordon Bleu w/Penne
Wed 18 Thanksgiving Meal- Turkey & Fixings
Fri 20 Pork Chop w/Fruit Chutney

WEEK 4
Mon 23 Beef Stroganoff w/Egg Noodles
Wed 25 Slice Ham w/Pineapple
Fri 27 Holiday – Meal Sites Closed

WEEK 5
Mon 30 Kielbasa w/Peppers & Onion

CLOSED TUESDAY AND THURSDAYS
Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1. **Vary your protein food choices**
   - Eat a variety of foods from the Protein Foods Group each week. Experiment with low or no fat, nuts, and seeds as main dishes.

2. **Choose seafood twice a week**
   - Eat seafood in place of meat or poultry twice a week. (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

3. **Select lean meat and poultry**
   - Choose lean cuts of meat like round or sirloin and ground beef that is at least 10% lean. Trim or drain fat from meat and remove poultry skin.

4. **Save with eggs**
   - Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5. **Eat plant protein foods more often**
   - Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and sodium—make them occasional treats only.

6. **Consider nuts and seeds**
   - Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7. **Keep it tasty and healthy**
   - Try grilling, broiling, roasting, or baking—they don’t add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8. **Make a healthy sandwich**
   - Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional meals only.

9. **Think small when it comes to meat portions**
   - Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a “petite” size steak.

10. **Check the sodium**
    - Salt is added to many canned foods—including soup, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are basted in a salt solution for flavor and tenderness.

Revise your protein choices depending on overall calorie needs.
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South Whidbey Good Cheer: 360-221-0130
Island Senior Resources: 360-321-1600

We care—please wear a face mask and follow distancing practices.

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- The option to keep your doctor with the Family Care Network, PeaceHealth, Skagit Regional Clinics, Whidbey Health, and Island Hospital Medical Group
- New lower out-of-pocket costs when you see Kaiser Permanente or Family Care Network doctors³
- Access to care from home—without copays⁴

¹Free with no obligation to enroll. ²Excludes Key and Anchor Plans. ³For our Anchor Plan. See plan for details. ⁴Online access to make appointments, view test results, have phone and video appointments, and email your care team for non-urgent issues; when appropriate and available. ⁵For our Key Plan in Island County and our Anchor Plan in Skagit and Whatcom counties. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

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Answer: Sally Field

I am an actress born in California Nov. 6, 1946. I was a high school cheerleader before getting my acting break as a teenager. I also played a flying nun. I’ve starred in many top films, including one with Tom Hanks.
Medicare Open Enrollment Is Happening Now

Fall is a season of change. Not only cooler temperatures and the colors in the landscape but also changes to Medicare coverage. Medicare's Open Enrollment Period is now through Dec. 7. This is the one time of year when Medicare enrollees can evaluate their existing plans and change to a different Part C Medicare Advantage Plan or Part D Medicare Prescription Drug Plan if better coverage at a lower cost is available.

Medicare Advantage Plans (MA) are private insurance plans sold by companies that contract with the federal government to provide Medicare benefits. The plans are required to provide all the benefits available through original Medicare, but each has its own set of rules, costs for services, and a network of preferred providers. Many people currently enrolled in MA may find several new options this year that offer care at a lower cost. Information just released by the Washington State Office of the Insurance Commissioner indicates Island County residents now have 17 Medicare Advantage Plans from which to choose, five are zero premium.

There are significant changes to Part D Prescription Plans as well. While some existing plans are more than doubling the monthly premium next year, new plans are coming on board, including one with a premium of less than $7 per month. Of course, monthly premiums should rarely be the sole consideration in deciding on a plan. It is important to compare the entire package, costs and benefits, and then determine which is best for your specific healthcare and prescription needs.

Open Enrollment options:
- Switch from Original Medicare to Medicare Advantage
- Switch from Medicare Advantage to a different Medicare Advantage
- Switch from Medicare Advantage to Original Medicare
- Join a Medicare Part D Prescription Plan
- Switch from a Medicare Part D Prescription Plan to a different plan Medicare Part D Prescription Plan

It may seem unnecessary, if the current plan is working fine, to sort through the options. Too much trouble when "it ain’t broken." One suggestion – think of this not as a chore, but an opportunity! How much money can you save if you are in the best possible plan for you? It is not an exaggeration to say that the wrong plan can cost you hundreds, if not thousands of dollars over the year. Not only monthly premiums, but also deductibles, co-pays, and formularies (the prescriptions covered by the plan), can change from year to year. One big change for 2021 is that several companies, but not all, are capping insulin prices at $35 per month.

Promise yourself that you will take advantage of Open Enrollment this year. And the good news, despite coronavirus restrictions, SHIBA volunteers (Statewide Health Insurance Benefits Advisors) are offering several workshops to provide you with updates on all matters related to Open Enrollment. You will learn about all options for 2021 and how to determine the best option for you. Open Enrollment workshops, as well as individual appointments, are happening by telephone or over Zoom. For the Zoom Medicare Workshop dates and times, please refer back to page 5. Information just released by the Washington State Office of the Insurance Commissioner indicates Island County residents now have 17 Medicare Advantage Plans from which to choose, five are zero premium.

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- Switch from a Medicare Part D Prescription Plan to a different plan Medicare Part D Prescription Plan

It may seem unnecessary, if the current plan is working fine, to sort through the options. Too much trouble when "it ain’t broken." One suggestion – think of this not as a chore, but an opportunity! How much money can you save if you are in the best possible plan for you? It is not an exaggeration to say that the wrong plan can cost you hundreds, if not thousands of dollars over the year. Not only monthly premiums, but also deductibles, co-pays, and formularies (the prescriptions covered by the plan), can change from year to year. One big change for 2021 is that several companies, but not all, are capping insulin prices at $35 per month.

Promise yourself that you will take advantage of Open Enrollment this year. And the good news, despite coronavirus restrictions, SHIBA volunteers (Statewide Health Insurance Benefits Advisors) are offering several workshops to provide you with updates on all matters related to Open Enrollment. You will learn about all options for 2021 and how to determine the best option for you. Open Enrollment workshops, as well as individual appointments, are happening by telephone or over Zoom. For the Zoom Medicare Workshop dates and times, please refer back to page 5.

Information just released by the Washington State Office of the Insurance Commissioner indicates Island County residents now have 17 Medicare Advantage Plans from which to choose, five are zero premium.

There are significant changes to Part D Prescription Plans as well. While some existing plans are more than doubling the monthly premium next year, new plans are coming on board, including one with a premium of less than $7 per month. Of course, monthly premiums should rarely be the sole consideration in deciding on a plan. It is important to compare the entire package, costs and benefits, and then determine which is best for your specific healthcare and prescription needs.

Open Enrollment options:
- Switch from Original Medicare to Medicare Advantage
- Switch from Medicare Advantage to a different Medicare Advantage
- Switch from Medicare Advantage to Original Medicare
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The Center in Oak Harbor
51 SE Jerome St.,
Oak Harbor, WA 98277
Front Desk: 360-279-4580
TEMPORARILY CLOSED
Passport photos available by appointment
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 Larson - 360-279-4583
Program Coordinator
Send comments and suggestions to clarson@oakharbor.org

November 2020

Whidbey Island Genealogical Searchers (WIGS)

Tuesday, November 17
1 p.m. on Zoom
(sign in 10-15 mins. early)

Lisa Oberg: “Cemetery Symbolism”

You will need a zoom invitation. All are invited to join us for this free educational program. Non-WIGS members wishing to attend should send an email to whidbeygensearchers.org no later than November 14.

Hiking Close to Home on Whidbey, Fidalgo and Guemes Islands

Whidbey to visit Possession Point State Park, and so many interesting places in between. There are historical sites and some with critical wildlife habitat. There are beaches and bluffs, forests and fields, wetlands, lakes, even mountains. The book sorts trails by ability level, those that are wheel-friendly, dog-friendly, and those accessible by bus.

Author Maribeth Crandell has lived on Whidbey and Fidalgo Islands for over 30 years. She was a naturalist and hiking guide for 20 years and is a frequent bus rider, so easily makes the connections between transit and trails. She hiked the Appalachian Trail in 2006 and published Flip Flop on the Appalachian Trail. Co-author, Jack Hartt, is recently retired from a 40 year career in Washington State Parks. He managed Deception Pass State Park for 14 years and now lives in Skagit County, where he is involved with the Skagit Land Trust and Transition Fidalgo. Jack is an outdoor enthusiast, a photographer and has published books about Deception Pass State Park’s rich cultural and natural history.

Visit www.hikingclosetohome.weebly.com to see the Hike of the Week, learn about trail events or order a book.

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Book Signing Event

Bring your mask and dress for the weather for this socially distanced, indoor-outdoor event. There will be books for sale and for signing, cider and snacks, and tours of Pacific Rim Institute’s trails and gardens.

You don’t have to go to the Olympics or Cascades, wait in ferry lines or deal with snow on the passes. This new edition of Hiking Close to Home has 68 trails on Whidbey, Fidalgo and Guemes Islands with a few tips on hiking safely during a pandemic. The guide is laid out with color photographs, trail descriptions, a map and directions, all in an easy to read format.

This popular trail guide launched in August 2019 and became even more popular in 2020 when the Coronavirus forced us to stay close to home. With other entertainment venues shut down, people flocked to local parks and trails. “The Governor’s order to ‘Stay Home, Stay Healthy’ didn’t mean to stay within our own four walls. During these challenging times, people need to get outdoors walking, biking, birdwatching, beach combing, in order to stay sane,” said author Maribeth Crandell. This book is full of suggestions about where to do just that.

“Many people don’t venture beyond Deception Pass Bridge, but there are extensive networks of hiking trails and great parks on either side,” said Jack Hartt. Whidbey Island has Deception Pass State Park, the most visited park in the state, while Fidalgo Island has the Anacortes Community Forest Lands, 3,000 acres with trails, lakes, wetlands and mountains. With a short ferry ride you can explore Guemes Island just north of Anacortes. Visit the Kukutali Preserve to the east or Washington Park to the west. Venture to the south end of Fidalgo Island to the south end of Guemes Islands.

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In the midst of a global pandemic, economic chaos and the increasing effects of climate change, we have the opportunity to come together and change the system.

People everywhere are taking action and calling for fundamental change. Fortunately, we are not alone in our efforts:

A group of enlightened teachers who have long helped and inspired humanity from behind the scenes are entering the everyday world to guide us through our present global crises, and into a future of justice, peace and brotherhood/sisterhood.

These wise teachers, known as the Masters of Wisdom, are here with the most senior member of the group — Maitreya, the World Teacher.

They will show us that sharing the Earth’s resources equitably among the world’s people is the key to creating justice and peace for all, while maintaining the planet’s health. Sharing will create trust. When there is trust among nations, there will be no need for war.

ShareInternational-west.org

Watch a short, inspiring video here to raise your spirits!
Ensuring the Future of The Center

By Liz Lange  Administrator, City of Oak Harbor Senior Services

As a City of Oak Harbor department, we are currently working through the budget process for our Center 2021-2022 operating budget. We are very fortunate to be a department of the City of Oak Harbor and are grateful for the continued support from our city leaders and city council members.

Over the past several years while The Center has increased its revenues from donations, programs, events, and membership, our operating budget continues to be largely subsidized by general funds from the City of Oak Harbor. The general fund transfer to our budget has accounted for anywhere from one third to half of our operating budget, depending on the year.

This year many of our revenue areas have decreased, and we are working to present a very streamlined budget for 2021 as we have continued to find ways to lower our expenses during this time.

Next year is looking a bit different in regard to our operations, as we face the ever-changing landscape of response to COVID-19. We look forward to offering our in-person programs when safe to do so, but until then we are continually working towards ways to provide virtual programs and opportunities for engagement. With the current fiscal climate of so many unknowns your voice of support is needed more than ever before.

Sharing your experiences of receiving services and participating in programs at The Center will go a long way to help our city council members see the positive impact and importance of The Center and the services we offer for older adults and the community. We will need council’s continued commitment of funding to ensure our ability to re-open.

I would like to invite you to please show your support for The City of Oak Harbor to continue to approve the use of general funds for the operation of The Center and Senior Services. If you have internet access you can email your council members and share your positive experiences with The Center, thank them for their support over the years, and let them know how having a well supported Center is important for the community:

Mayor Bob Severson: mayor@oakharbor.org
Beth Munns: bmunns@oakharbor.org
Tara Hizon: thizon@oakharbor.org
Jeff Mack: jmack@oakharbor.org
Joel Servatius: jservatius@oakharbor.org
Erica Wasinger: ewasinger@oakharbor.org
Jim Woessner: jwoessner@oakharbor.org
Millie Goebel: mgoebel@oakharbor.org

Alternatively, you can send a written letter to city council and the mayor at 865 SE Barrington Dr., Oak Harbor, WA 98277.

If possible, please send your letters of support before the November 18, 2020 city council workshop which is when I will present our budget request. On December 1, 2020 City council will hold a public hearing to adopt the final budget, and by December 15th city Council will have adopted the final budget.

As a department of the City of Oak Harbor we are fortunate to receive support from the city and know that your shared experiences will go far in confirming to City Council the need for their continued support. If you have any questions, please do not hesitate to reach out.

We are also very fortunate to have your support! Thank you for being an engaged and supportive community member and continually advocating for The Center in Oak Harbor.

BRUNCH BOXES
Thursdays, Nov. 12 and Dec. 10
9-10:30 a.m. at The Center
$15 each or $40 for all 3
Deadline to order is the Thursday prior

The second Thursday of November and December we will have brunch boxes for purchase for $15 per box for Center Members and $20 for non-members. Grab your brunch box and head to the park or beach with a friend, or eat with us on our Virtual Brunch With Friends. Please order your brunch box by the Thursday prior. Brunch boxes will contain an assortment of commercially prepared items.

Delivery is available within City of Oak Harbor Limits for a $5 delivery fee.

Pick-up time is 9:30-10:30 a.m. and Virtual Brunch With Friends will start at 11 a.m. Call 360-279-4580 today to order your brunch box!

FREE BOOK TABLE
Tuesdays and Thursdays
10 a.m. - 2 p.m.

Every Tuesday and Thursday, 10 a.m. - 2 p.m., there is a table outside the front door of The Center with free books, magazines, and puzzles. Please feel free to take as many as you would like, and feel free to leave a few when you are finished with them. The book table will continue through the fall, but may not be out on days of inclement weather.

Yoga
Tuesdays and Thursdays
8:30 a.m.
Instructor: Maria McGee

Virtual EnhanceFitness
Mondays, Wednesdays and Fridays
9:45 a.m.
Instructor: Bernice Manglona-Charlton

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“Four Seasons of a Tree”  
– Unknown Author

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away. The first son went in the winter, the second in the spring, the third in the summer, and the youngest in the fall. When they had all gone and come back, he called them together to describe what they had seen. The first son said that the tree was ugly, bent, and twisted. The second son said no—it was covered with green buds and full of promise. The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen. The last son disagreed with all of them; he said it was ripe and dripping with fruit, full of life and fulfillment. The man then explained to his sons that they were all right, because they had each seen but only one season in the tree’s life. He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are—and the pleasure, joy, and love that come from that life—can only be measured at the end, when all the seasons are complete.

If you give up when it’s winter, you will miss the promise of your spring, the beauty of your summer, and fulfillment of your autumn. Whatever season life brings you today, embrace it and let it shape who you are and always remember, another season is coming.

Farly and her husband Cameron entering the “married and homeowner seasons” of life

This short, yet powerful story helped me realize that seasons, whether a division in the year marked by the weather outside, or a division in life marked by events are each important and influence the next season. It is okay to feel hesitant and fear when going through change, but it is important to recognize your emotions, work to understand the why, and then focus on the now. You may be like me and going through a joyful season of life, or you may be in a season of challenges and painfulness, either way each season is just as important and make us who we are. As November comes to end and we move into December when the days get shorter and the beautiful, vibrant colors continue to fade away I am going to stop to appreci ate the fall we just had and embrace the winter coming. In the same way, I am going to work to enjoy the season of life I am in and not rush to the next or dwell on the past seasons. Then, when I get to a season that brings more challenges I will remem ber the words of the unknown author that if you give up when its winter, you will miss the promise of your spring, the beauty of your summer, and fulfillment of your fall. Whatever season life brings you today, embrace it and let it shape who you are and always remember, another season is coming.

CORRECTION

In the October issue of Island Times, the cover story entitled “A Bounty of Blessings from The Lord’s Garden,” there was a mistake in the address to send donations. The correct address to send donations to The Lord’s Garden is P.O. Box 1431, Oak Harbor, WA 98277 (please make checks out to The Lord’s Garden Association or The LGA).

We apologize for any inconvenience this may have caused.