Inventing isn’t Just for the Young

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

Inventions are all around us everyday and in my mind are what keep the world progressing forward. I remember being in 4th grade and having to do a project which revolved around inventing something and presenting it in front of the class. Not having a very creative brain, I thought this was going to be the hardest obstacle I ever faced in my life! I ended up creating a fishing lure because I enjoyed going fishing with my dad and brother and thought maybe it would end up being something we could use. Although my invention didn’t end up making it on the shelves or even in our tackle box, I have always been interested in inventing the next great product.

When you hear of someone who invented something simple and made a killing off of it, it keeps you wondering what the next great product everyone needs is. Liz and I will regularly joke around about inventing different things that we think we need in our lives or that we think would make us a retirement account! I regularly read articles from the National Council on Aging and other senior focused groups. A few weeks ago, I stumbled across an article by Jan Bolder taken from livingsenior.com about inventing in your senior years and thought it was worth sharing.

5 INVENTORS WHO CREATED PRODUCTS IN THEIR SENIOR YEARS

Written by Jan Bolder, From livingsenior.com/Senior_Center/post/5-Inventors-who-Created-Products-in-their-Senior-Years.aspx

Inventing creations may be thought of as a young person’s game, but they just

Dear December,
What a year it’s been!

By Christina Baldwin, Board Member, Island Senior Resources

I’m curious to receive this year’s holiday letters, wondering how friends and family will write about a year when so much happened on a larger scale and so little happened on a smaller scale. Isolation is a boring story once I say thank goodness I’ve stayed healthy, so instead of a group letter, I am writing individual letters that encourage in myself and others a deeper dip into communication. In this month of long nights, I am cozying up to the fire, turning on some soft music, and exploring reconnection, remembering, and reconciliation.

Reconnection:
My friend Elizabeth turned 100 this fall. I had pretty much (though not completely) lost track of her until a mutual friend wrote to say her church was organizing something festive. Elizabeth now lives in nursing care, is quite mentally present, though too hard of hearing to talk on the phone, and consequently very lonely in COVID-isolation. I typed a letter, embedded some island snapshots into text boxes, and reached out to my old friend. “I have been sorting through papers clearing out the...”

DECEMBER continued on page 12

QUESTION OF THE MONTH: WHAT IS ONE OF THE BEST/MOST MEMORABLE GIFTS YOU HAVE EVER GIVEN?

Chris Lashley
Oak Harbor
“A set of clothes.”

Kathryn Beaumont
Freeland
“I gave my mom a memorable trip to Seattle to spend time with her grandchildren and reacquaint herself with a city she loves. It made her so happy.”

Sylvia Sotelo
Oak Harbor
“My love and attention.”

Leigh Anderson
Seattle
“A drawing of a favorite pet who has passed.”

June Nailon
Clinton
“Growing up in the depression, my parents never had Christmas stockings. I gave them their first ones. Truly the greatest gift is family.”

Linda Stone
Oak Harbor
“My brother passed away and my nephew didn’t make it to the funeral, so I gave him a gold necklace I had that had belonged to my brother.”

Jason Pryde
Langley
“I loaned my shirt to a Malawian woman so she could look nice for a family photo, and let her keep it; she loved it so much.”

Lee Ochoa
Oak Harbor
“I would make a birthday cake for my husband on his birthday and in return he would give me a dozen roses.”

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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Member Spotlight – Michael Murcray

Michael Murcray is an Oak Harbor “old timer”, he was born in Anacortes in 1960 and has spent his whole life in Oak Harbor. His grandfather, Fred Murcray was the Oak Harbor Police Chief and his family has been very involved in the community. Michael worked at New Leaf for 38 years but had to retire after getting into a bad vehicle accident that shattered his arm. Many know Michael because he is very friendly and outgoing and volunteers at The Center and WAIF. He is also frequently found walking the streets or riding his bike to Dollar Tree, The Center, WAIF, SAURS, Starbucks, Lams Golf Links, and The Garage of Blessing.

Michael is a familiar face at The Center because not only does he volunteer, he also participates in Mexican Train, Bunco, paper crafts, and billiards. He is always willing to help out when The Center needs an extra hand. Michael regularly helps set up the patio furniture and lock it back up in the evenings, sweeps off the leaves and debris on the patio and around the front entrance, cleans the bar area and game tables, and restocks the coffee supplies. Even though The Center couldn’t be open for in-person programming this summer, Michael regularly would set out the patio furniture and wipe it down so people could have a safe place to sit and read their book or eat their lunch outside.

In his free time, when not volunteering or working on projects Michael enjoys being active and playing golf, swimming at the pool, shooting hoops, playing bocce ball, and going bowling. He also participates in the Special Olympics and has won hundreds of medals over the years. “Doing cycling is my favorite because it’s a lot of fun and you don’t have to worry about qualifying” explained Michael. One of his favorite summer activities is going to Camp Horizon in Birch Bay, Washington where they participate in many different activities and build lasting relationships. He also enjoys doing art projects, working on puzzles, and building Legos. Michael is always enjoying life to the fullest and willing to try new things.

Our community is very fortunate to have a positive, hardworking individual like Michael who is always willing to give the help Michael does around the building and he is always friendly to anyone who comes through the doors.

Whidbey Island Genealogical Searchers (WIGS)

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

“WIGS Holiday Get Together on Zoom”
Join us in member sharing – holiday memories/activities.
All are invited to join us. Non-WIGS members wishing to attend should send an email to whidbeygenesearchers.org no later than December 12.

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The Center and all city offices will be closed December 25 and January 1.
already amassed a sizeable list of inventions. Do you know what is the gold standard of synonyms? Roget had well into his 70s before he published the book that’s helped countless people with their vocabulary. The inspiration and foresight, two critical qualities needed to tap into decades of knowledge and experience to get it right. They also had the advantages of knowing that age and persistence really do pay off. It’s the kind of game that’s marketable to all age groups, and Creative Child Magazine agreed: Weiss was awarded the 2011 Game of the Year award in the Family Word Games category, showing that age and persistence really do pay off.

CHARLES GREELEY ABBOTT — SOLAR COOKER

For much of his life, Abbott was a dedicated atmospheric scientist who would become a Secretary of the Smithsonian at age 56, while still maintaining his position as Director of the Astronomical Society. He may have had his hands pretty full with work, but still found time to invent the solar cooker at age 99, becoming the oldest person to receive a patent. Abbott would die two years later, but his record as oldest inventor still stands.

GYS VAN BEEK — TRUCKER’S FRIEND

This Dutch-American war hero was constantly thinking up new ideas well into his senior years, applying for new patents and joining the elite club of the world’s oldest inventors. Among his many creations, van Beek is best known for Truckers’ Friend, a sort of big-size Swiss army knife for tractors. It features an axe, hammer, nail puller, tire chain hook, pry bar and lever, and wire twist, and is used by truckers in “any situation that requires hacking, prying, pulling or pounding.”

The above five inventors have created products that fill a big market in their respective societies, drawing upon years of knowledge and experience to get it right. They also had the advantages of history and persistence, making it much more likely their products would succeed than if they had attempted them when they were younger. After reading the article I thought about what a good perspective and how much truth Jan told. I really liked her point that being older comes with great knowledge and with more knowledge came successful products. The inspiration and hope that people like Benjamin Franklin and Peter Mark Roget have shown is that age and persistence really do pay off.

PETER MARK ROGET — THESAURUS

We’ve all heard of Roget’s Thesaurus, a book that’s helped countless people flesh out essays and arguments. But how many of us are aware that he was well into his 70s before he published the gold standard of synonyms? Roget had already amassed a sizeable list of inventions to his name before he published the long-slip ruler, several entries for the Encyclopaedia Britannica, contribution to inventing motion pictures), but the first edition of the thesaurus was published when he was 73. To boot, he supervised all the revisions for the next 17 years until his death, showing he was still quite capable when they were younger.

GEORGE WEISS — DABBLE

It may have taken 84 years and 80 failed inventions, but George Weiss finally broke through with a game called Dabble. Players get 20 tiles with letters on them and have to come up with words as fast as they can, only being allowed five minutes to do so.

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Kim Martin: Independent Agent • jjins.kim@whidbey.com

Kim has been providing clients with solutions to their insurance questions for the past three years and she has been an exceptional part of our team. Kim is taking on an expanded role as an agent. She will bring her experience and high level of service to representing individual and family plans, direct and through the Washington Health Plan Finder, along with small employer group plans.

Kim has been on the island for 15 years. She enjoys spending time with her family and is an avid hockey fan. Kim is licensed and holds an Associate of Arts and Associates in Criminal Justice.
BRUNCH BOXES

Thursdays, Dec. 10 • 9-10:30 a.m.
at The Center

$15 • Deadline to order is Thursday, Dec. 3

Last Brunch Box day is Dec. 10! The cost is $15 per box for Center members and $20 for non-members. We ask that you register by Dec. 3. Grab your brunch box and head to the park or beach with a friend, or eat with us on our Virtual Brunch with Friends. The Brunch Box 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 boxes!

VIRTUAL ENHANCE FITNESS AND YOGA CLASSES

Virtual EnhanceFitness is offered Monday, Wednesday, and Fridays, 9:45-10:45 a.m. The cost is $25 month for members and $30 for non-members. We are now excepting drop in fees at this time for $5 members/$7 non-members. Silver and Fit and some Kaiser insurance plans will reimburse the cost. Please inquire with Carly Larson, 360-279-4583, if you believe you have an eligible insurance plan.

We are continuing to offer virtual Yoga with Maria Tuesdays and Thursdays 8:30-9:30 a.m. The cost is $25 month for members and $30 for non-members. We are now excepting drop in fees at this time for $5 members/$7 non-members.

To sign up for either EnhanceFitness or Yoga, please call us at 360-279-4580. We can take payment over the phone, by mail, or arrange a drop off time. Once you have enrolled in the class and signed the waiver, we will email you the login information. If you need a camera/microphone for your computer we have some available for check-out, please contact Carly Larson if this is something you are interested in.

FREE BOOK TABLE

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

FREE BOOK TABLE

Tuesdays and Thursdays
10 a.m. - 2 p.m.

CLASSES and EVENTS
at The Center in Oak Harbor

FRONT DESK and CIVICREC SOFTWARE UPDATES

As part of our efforts to return to in-person programming, we received CARES grant funding for two projects: Re-configuring the front desk space to allow for appropriate social distancing for front desk volunteers and staff, and updating our membership software to allow for online payments and reservations. We were hoping to have both projects completed by the end of October, but they took a little longer than expected. The front desk is almost finished and we’re very excited! The new front desk will allow for appropriate social distancing and improved safety for our members. We will keep you updated when we make the official software switch and start excepting online payments.

Our new Enhanced Recovery After Surgery (ERAS) process is a global standard providing:
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Strategies for Well-being: Part 3

Build your Resilience

By Betsy Griffith, LMHC, Island County Human Services

Resilience. It helps us to bounce back from hardships, but it’s not something we inherently have. It’s something we do. It is a million moments of learning into strength and health. There are lots of little things that we can put repetitive effort into, resulting in a stronger ability to roll through hard times. Let’s get resisted!

Relationship resilience is an important base. Our ability to connect to others and feel connected to others is truly a basic need. We can strengthen our relationship muscles by prioritizing time with people we care about. Even a phone call or Zoom coffee can help us feel more connected. We can send a note full of sentiment or gratitude. We can make an effort to serve others. We can become stronger in how we interact with others through building relationship skills. This could be a focus on building our assertiveness, building boundaries, learning healthy communication, or practicing respect. There are many ways we can help our relationships be stronger and more emotionally satisfying.

Self-awareness resilience shows up in our belief in ourselves, in our feelings of capability and competence. This is especially important in trying times. Being able to sit with ourselves and evaluate our needs, goals, and set course can be empowering when we feel powerless. Another effort can be setting aside time to understand our emotional reactions and learning to care for ourselves in our emotions. Emotions can get mixed up and overwhelming when not tended to regularly. Making a feeling list could help. Planning ahead for how you can support yourself through experiences can be great. “When I’m sad, I’ll call ____/draw/watch a funny movie/journal.” Repeat with mad, worried, frustrated, etc., and put it on your fridge. Continuing to build in our areas of need is a great place to put our efforts.

Mental resilience can be the easiest and most fun area to focus on. The old standbys, like crosswords, trivia, suduko and more, all work to build new brain pathways. Engaging in arts also works to keep our brains nimble. Fiber arts, writing, dance, singing, painting, and drawing are great mediums to pump up the mental muscles. And don’t think talent is a prerequisite. The act is far more important than the product.

Physical resilience can have a much lower bar than people may think. Chair yoga or walking can bring so much benefit. Regular physical activity can help maintain strength, flexibility, bone health, and balance. The key to this is to move away from feeling that physical activity is a chore. Build in physical fun like a nature hike and scavenger hunt or dance around your living room. Have fun with movement.

Personal resilience skills show up in different categories. While these are listed as distinct areas, they overlap constantly. Being able to sit with ourselves and evaluate our needs, goals, and set course can be empowering when we feel powerless. Another effort can be setting aside time to understand our emotional reactions and learning to care for ourselves in our emotions. Emotions can get mixed up and overwhelming when not tended to regularly. Making a feeling list could help. Planning ahead for how you can support yourself through experiences can be great. “When I’m sad, I’ll call ____/draw/watch a funny movie/journal.” Repeat with mad, worried, frustrated, etc., and put it on your fridge. Continuing to build in our areas of need is a great place to put our efforts.

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ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

Learn the Basics of Social Security

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600 ext 0.

Tuesday, Jan. 19, 11 a.m.  Monday, March 15, 1 p.m.

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event. For more information call 360-321-1600 or 360-678-3373.

Get 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 SHIBA (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/shiba and click on the link for each date/time. Pre-registration is required.

Getting Ready for Medicare:

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<td>Cheeseburger Slider</td>
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<td>Turkey Chili w/Veggies &amp; Cornbread</td>
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<td>Enchilada Casserole w/ground Beef</td>
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<td>Fri</td>
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<td>Chicken Divan &amp; Brown Rice</td>
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<td>Mon</td>
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<td>Hot Meatloaf Sandwich</td>
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<td>Wed</td>
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<td>Chicken Pot Pie w/Puff Pastry</td>
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CLOSED TUESDAY AND THURSDAYS

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December 2020

Island Times

Libraries Offer Rich Virtual Browsing

By Sno-Isle Libraries

If you’re an avid book reader who prefers printed material, take heart, Sno-Isle Libraries has some options for you.

While browsing library shelves hasn’t been possible, the collection of nearly 1 million books in the full library catalog are still available. “Searching our book collections online is even better than browsing the library shelves,” said Jessica Russell, Sno-Isle Libraries Assistant Director of Technical Services and Collection Services. “You can sit at home and see all of the beautiful covers, rather than just book spines.”

Starting at the sno-isle.org home page, customers have two ways to find books: Search and Browse.

Select “Search” to search the catalog with drop-down menus for keyword, title, author, subject, series, tag, list, or user. Or you can select “Browse” to scroll through titles arranged by age, format, topic (new and on order, bestsellers, award winners, staff picks), and language (Spanish, Chinese, Japanese, Korean, Russian, and Viet). Within Browse, click “Books” to sort by fiction genre (general, historical, mystery, thrillers, romance, fantasy, science-fiction, horror, graphic novels) or nonfiction genre (cookbooks, home and garden, fitness/self-care, crafts/hobbies, history/current events, science/technology, Pacific Northwest, travel). Scroll down the page to see book and author events, Sno-Isle Libraries staff book blogs, and staff book picks. Customers can place a hold on any title and select which community library to use for contact-free holds pick up.

For customers who trust the decisions librarians make on which books to display, selecting “Quick Picks” and Library Picks” lets library staff do the browsing based on customer-specific interests and preferences, Russell said. With “Quick Picks,” customers can call their community library and request same-day pickup of a few titles from any genre. “Library Picks” relies on a customer-submitted online form that librarians use to select five items tailored to the customer. It takes two days to gather the titles within the customer-specified branch, or up to seven days if the titles are shelved in other Sno-Isle Libraries community libraries.

“I think I can speak for most library staff when I say that Library Picks are one of the things we enjoy doing the most,” Granite Falls Library Manager Michelle Cali- hann said. “If you end up with materials that aren’t quite what you wanted, let us know, and we can try again.”

“Books by Mail” is a temporary service for customers who are unable to participate in contact-free services at a physical library location due to personal coronavirus precautions, explained Sonia Gustafson, Sno-Isle Libraries Library on Wheels Program Manager. “It’s available to customers who live within the Sno-Isle Libraries District. “It’s an additional contact-free service we’re offering during this unprecedented time,” Gustafson said. “It’s great for those who check out only a few books at a time.”

To join Books by Mail, customers submit an online application form or call any community library to request the service. Customers who are approved for the service will receive an email confirmation within two or three business days and can then begin placing holds for books and other physical materials. The Books by Mail team at Library on Wheels will send items through the U.S. Postal Service.

Sno-Isle Libraries’ facilities staff are adjusting entrance areas and some lobbies at community libraries to improve contact-free service as winter weather approaches.

“We intend to continue to offer our customers the choice of using contact-free services, regardless when, how and where any in-building services might be implemented,” said Sno-Isle Libraries District Manager Judy Sases.

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Are you looking for help? Not sure who to hire for odd jobs around the house? Or maybe you are in search of a caregiver who is the right fit for your spouse or family member and will provide you with some much-needed respite time. Island Senior Resource’s Private In-home Provider (PIP) list might have just the person you need. Each provider on the list has passed a background check and community members are able to give feedback on their experience.

You can download the most current list from www.senior-resources.org/private-in-home-provider or call 360-321-1600 or 360-678-3373 to have it sent to you. The list is updated every Friday to ensure that you have access to the most current list of providers available. If you are a provider offering your services to our community, you can use that very same link and it will take you to the application for providers.

Please Note: Inclusion on this list does not constitute an affiliation or employment with Island Senior Resources.

Storm season is quickly approaching. PSE’s mobile app makes it easier than ever to access your account and be notified about power outages, even when you’re away from home. The myPSE app offers self-service functionality, allowing you to start or change your service, manage account preferences, view your energy usage, make a payment or setup a payment arrangement with just one click. Learn more at pse.com/app.

• Prepare your home for longer nights and darker days by upgrading to energy efficient LED fixtures.

• Improve your home security with outdoor LED light fixtures.

• Brighten your home with indoor LED light fixtures.

• Enhance your garage and work bench with LED shop lights.

• LED bulbs use at least 80 percent less energy than traditional incandescent bulbs and can last 13-25 years longer. PSE instant discounts save you up to $5 off on select LED fixtures at participating retailers. Check out pse.com/lighting to learn more.

I am an actor born in Missouri Dec. 15, 1949. I had my first acting role in a stage production in 1969. I am best known for a TV gig in the 1980s that followed Florida police detectives.

Would you like to help a neighbor? We need drivers willing to drive others to essential medical appointments from Oak Harbor/Coupeville to Seattle or Everett. Drivers are needed to/from other destinations as well. Mileage is reimbursed and client pays ferry costs. If you are interested in helping please contact ISR at 360-321-1600 and ask for Pat Weekly, Medical Transportation. (Our transportation program follows state mandated health guidelines. All drivers and clients are required to wear masks to protect both drivers and passengers).
Support Group Meetings now available online

TIME TOGETHER @ HOME ZOOM SUPPORT GROUP
Mondays except public holidays 11 a.m. – 12:30 p.m.
Facilitated by Time Together director Mel Watson. This program is designed to engage participants with discussions, group puzzles, and games in a friendly and supportive environment. This group is great for those who are isolated and have developmental disabilities or those with cognitive challenges who enjoy being with people and making friends.
To receive Zoom information to join the group, contact mel@islandseniorservices.org to receive Zoom information to join the group.

NEW! CARE RECEIVER SUPPORT GROUP
Alternating Thursdays 11 a.m. – 12:30 p.m.
(starting Nov. 12)
Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's Disease, or any other challenging condition, and who receive support and care from a family caregiver. This is a safe place to discuss challenges and share experiences.
Contact mel@islandseniorservices.org to receive Zoom information to join the group.

CONNECTING IN DIFFICULT TIMES
Hosted by Island County Human Services
Thursdays, 11 a.m. – noon
A place where individuals can feel comfortable about sharing any struggles they are experiencing in response to the Covid-19 safety recommendations. If you are interested please call 360-678-8203.

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

PARKINSON’S SUPPORT GROUP
Tuesdays, 10 – 11:30 a.m.
Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson’s and their family caregivers to share experiences, knowledge, and support. Friendships are formed and connections are made to help those living with this challenging condition.
Contact mel@islandseniorservices.org to receive Zoom information to join the group.

ALZHEIMER’S AND DEMENTIA CAREGIVERS SUPPORT GROUP
Wednesdays, 10 – 11:30 a.m.
Facilitated by Mel Watson. This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer’s, other dementias, or any other challenging condition to share experiences, knowledge, and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.
Contact mel@islandseniorservices.org to receive Zoom information to join the group.

YOGA FOR THOSE LIVING WITH PARKINSON’S, THEIR CAREGIVERS, AND OTHERS WITH COGNITIVE OR MOVEMENT CHALLENGES
Thursdays, 2:30 – 3:30 p.m.
Facilitated by Renee Levier https://lever- rier.com/ “Living well with Parkinson’s” is hosted by Mel Watson. This group is for people who want to improve their physical and mental well-being through yoga. Renee says, “If you can breathe you can do yoga.” This is a place to come together and practice techniques to improve movement and balance. Everyone welcome!
To join on Zoom go to: https://us02web.zoom.us/j/393691440

Make healthier holiday choices
The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1. Create MyPlate makeovers

2. Enjoy all the food groups at your celebration
Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3. Make sure your protein is lean
Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4. Cheers to good health
Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5. Bake healthier
Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.

6. Tweak the sweet
For dessert, by baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

7. Be the life of the party
Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8. Make exercise a part of the fun
Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9. Enjoy leftovers
Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10. Give to others
Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

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FROM THE EXECUTIVE DIRECTOR

A SEASON FOR CARING

By Cheryn Weiser, Executive Director, Island Senior Resources

We are in a holiday season like no other. The dark and wet of this time of year only adds to one’s sense of isolation as we navigate this altered state. Take control! Keep the essence of this special time of year close to heart and consider how you can transform isolation into connection and caring with your circle.

What provides meaning for you during the holiday season? What traditions or rituals promote your sense of family, community, joy, and sweet memories? What has changed in the 2020 holiday season due to COVID? How can you adapt to the circumstances and come away with a sense of satisfaction and joy?

This year, I start with the premise that caring for and about the others in my life is paramount to my joy and satisfaction. If I can’t get together with those I care about, what do I do?

For those in my bubble, I can either prepare a holiday meal that is shared among a small and socially distanced table, or I can prepare a meal or holiday goodies and deliver or send them to the people I love. All those raspberries and tayberries in my freezer make great jam to send or give to my dear ones.

What about cookies, candy, or some other home-made or Island-created treat?

Who haven’t I spoken with or reached out to during COVID? Arranging for a face time or zoom connection to catch up and share our experiences during this time is a gift of caring. Who is on your list?

How about a coffee hour, story hour, happy hour, or dessert online? Zoom and other online platforms make it possible for small gatherings to share in the holiday spirit while maintaining social distance and safety. Choose a theme, organize a happening, and make a connection.

Combat the dark with light. Candles, real or LED, let there be light! Just because you aren’t hosting people for gatherings in your home, decorate. Allow the symbols of the season to brighten your world as they would in any year. Say yes, to experiencing the joys of favorite decorations, smells, and connections with those you love, celebrate!

These times force us to choose whether our glass is half empty or half full. I opt for half-full even if the glass feels like it is a little smaller this year. I hope you will choose the half-full option too. Happy Holidays!

HOLIDAY MEAL NEWS

Island Senior Resources is offering take-out holiday meals on Wednesday, Dec. 23 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 meal 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 you need to start Meals on Wheels deliveries please call Mark MacNaughton, 360-321-1615 and your Holiday Meal will be delivered.

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 at Home
Medicaid In-Home Care/Case Management
Medical Transportation/Volunteer Services
SHIBA
SeniorThrift
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 Res.
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Th eCent
In collaboration with Oak Harbor Senior Center
In Oak Harbor Senior Center
In Oak Harbor, WA 98277

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Please contact Island Senior Resources (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.

Senior Thrift benefiting Island Senior Resources

Senior Thrift
Thursday-Saturday
10 a.m.-4 p.m.
Sunday, 11 a.m.-4 p.m.

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

CLOSED FRIDAY, DEC. 25 AND FRIDAY, JAN. 1, 2021

Store will close at 2 p.m. Thursday, Dec. 24 and Thursday, Dec. 31

ALL NOVEMBER:
Yellow tags, 25% off • Pink tags, 50% off

DATE DAY ITEM SPECIAL
Dec. 5 Saturday CDs and DVDs 15% off
Dec. 6 Sunday Clothing 25% off
Dec. 12 Saturday Frames & Framed Artwork 15% off
Dec. 13 Sunday Electronics 15% off
Dec. 19 Saturday Jewelry 25% off
Dec. 20 Sunday Christmas Trees 15% off
Dec. 26 Saturday Christmas Boxed ornaments, 50% off
Dec. 27 Sunday Christmas Boxed ornaments, 60% off

Please consider donating a $1 or more with your purchase to help support our programs.

Happy Holidays!
This holiday season is the next “first” of our COVID-19 experience. Our first experiences included a lock-down, changed summer holidays, staged re-openings, and more. Now we face the coming holidays as our next “new thing” in our COVID reality. We have never done a “COVID Christmas,” and when I see those words together, my heart sinks. My mother was British and often told me about Christmas during World War II in London, during the Blitz. To say she was stoic would be like saying the sun is hot. She never wept. My father was a diplom- at and so never showed his emotions, and my mother seemed not to have any. But she was amazing at finding ways to celebrate life. If she were here, she would say, “find a way to cope and do that!” So, as one of those older people who are sheltering in place a continent away from my family, here are some things I plan to do to light the COVID holiday during nature’s darkest season. One or two might contribute to your holiday observance.

Electric candles these days are amazing! Battery-operated with a button to make it go on and off at the same time each day, I have bought two and placed one by each of two photos of people I love. Like candles in church near icons, I bring the religious and spiritual memory of church into my home, and the candles remind me of my love for these two people every evening.

Plan scheduled face-to-face meetings on Zoom or FaceTime and teach your loved ones how to use them. I will miss being with my family, but we are making plans to gather by phone or video on holidays – scheduling days and times so we do not miss each other.

Make your own gifts and holiday cards. I know. People say, “I am not creative.” But you are! Try something…anything. Start with blank cards and stamps or markers. Or write an old-fashioned letter, lavished with blank cards and stamps or markers. You are! Try something…anything. Start with coffee and breakfast for that purpose as soon as you wake, write the dreams down in a small book and circle keywords that seem to be revealing what your brain is processing. Then go back with coffee and breakfast circle keywords that seem to be revealing what your brain is processing. Make no meaning or judgment; simply notice things.

Electric battery candles in windows are an ancient symbol of safety. They have always been a reminder that home, even when alone and sheltering in place, is still a shelter for which to be grateful. Create small rituals you can manage from home, and that reflect your spiritual identity. For me, I have decided to eat an apple from a nearby tree once a day and while eating, meditate on the beauty of being alive.

Create small rituals you can manage from home, and that reflect your spiritual identity. For me, I have decided to eat an apple from a nearby tree once a day and while eating, meditate on the beauty of being alive. Work your way through a recipe book that will unfold for you new favorite meals. I have been missing my grandmother and we shared a love of Indian food. So, I am practicing new Indian recipes with her photo in the kitchen. Choose one childhood lovely memory from the holidays of your youth and recreate it this year. I am making my mother’s Christmas cookies and then shipping them off to random friends as a surprise. Notice your dreams – your mind is busy processing this extraordinary time. Just write the dreams down in a small book for that purpose as soon as you wake, then go back with coffee and breakfast circle keywords that seem to be revealing what your brain is processing. Make no meaning or judgment; simply notice things.

Electric battery candles in windows are an ancient symbol of safety. They have always been a reminder that home, even when alone and sheltering in place, is still a shelter for which to be grateful. Pick one or two things and really make your holidays by making your symbols.

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Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Join our fun social group “The Happenin’ Place,” on Zoom every Monday, Wednesday and Friday in December 3-4 p.m.

To learn the details of what’s happening at “The Happenin’ Place” each day, and get the Zoom link, go to www.senior-resources.org and click on the calendar under “How We Help” at the top of the page, then click on the event name on the date you are interested in joining.

Wednesday, Dec. 2: Whidbey Island History with Friends
Let’s talk about Whidbey Island history. We’ll look up images, and stories about this great place that we call home.

Friday, Dec. 4: Interested in Meditation?
Find ways to worry less, reduce anxiety, and feel happier and more peaceful even during a pandemic! Let’s meditate together. Everyone welcome!

Monday, Dec. 7: Crosswords with Friends
Crosswords are fun to do alone, but better as a team. Join this us for this group crossword solving event. It’s fun and good for your brain and your heart. Everyone welcome!

Wednesday, Dec. 9: Poetry with Friends
Do you love poetry? Come share your love of poetry with friends on Zoom. If you read, write or just love listening to poetry why not do it with friends! Everyone Welcome!

Friday, Dec. 11: Interested in Meditation?
Find ways to worry less, reduce anxiety and feel happier and more peaceful even during a pandemic! Let’s meditate together. Everyone welcome!

Monday, Dec. 14: Crosswords with Friends
Crosswords are fun to do alone, but better as a team. Join this us for this group crossword solving event. It’s fun and good for your brain and your heart. Everyone welcome!

Wednesday, Dec. 16: Poetry with Friends
Do you love poetry? Come share your love of poetry with friends on Zoom. If you read, write or just love listening to poetry why not do it with friends! Everyone Welcome!

Friday, Dec. 18: Share Your Story
Do you have an interesting, fun, challenging or inspiring story or stories? Come and share with a group of friends. Everyone welcome!

NO HAPPENIN’ PLACE DURING THE HOLIDAY WEEK, DEC. 21-25.

Monday, Dec. 28: Crosswords with Friends
Crosswords are fun to do alone, but better as a team. Join this us for this group crossword solving event. It’s fun and good for your brain and your heart. Everyone welcome!

Wednesday, Dec. 30: Poetry with Friends
Do you love poetry? Come share your love of poetry with friends on Zoom. If you read, write or just love listening to poetry why not do it with friends! Everyone Welcome!

December holidays are a season for reconnection and remembering, so however we reach out, whomever we write to, may we extend a truly heartfelt wish for “peace on earth, goodwill to all.”

December 2020 Issue 8

TRAVELLING SAFELY ON ISLAND TRANSIT

Have you ever taken the bus or paratransit before? Don’t know how? Swoon off the bus during COVID-19? Island Transit Mobility Specialist, Manibeth Candnell will explain what extra steps are being taken to keep our buses clean and safe. Island Transit buses are clean, friendly, accessible and fare free. Bring a bike, a pet, a wheelchair or a walker onboard. The bus is safer. Join us to learn how Island Transit can help you get where you want to go. Help Island Transit celebrate their 33rd anniversary this December!

Island Senior Resources and Island Transit bring you this Webinar Thursday, Dec. 3 at 10 a.m. To attend visit www.senior-resources.org/calendar and click Dec. 3 for the link or follow us on Facebook. For more information, call 360-321-1600 or 360-678-3373.

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