

# Island Times

Look for Island Times the LAST Thursday of each month  
**FEB. 2022**

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR

Volume 5 • Issue 10

## Two organizations serving Island County

*Island Senior Resources and The Center in Oak Harbor provide different programs and services to meet community needs. We are separate organizations that are operated and funded by different entities. While each organization is independent, we collaborate to meet your needs.*

Both organizations are here to help you thrive! One example of this partnership is the Meals on Wheels delivery program for North Whidbey. Island Senior Resources rents The Center's kitchen to facilitate the Meals on Wheels deliveries for North Whidbey. While the meals are delivered from The Center, the program is operated by Island Senior Resources staff and volunteers. In addition to renting the kitchen at The Center in Oak Harbor, Island Senior Resources rents the modular building located to the west of the main building for ISR staff for Aging & Disability Resources, Medicaid Case Management, and Family Caregiver Support Program.

Please call us for more information or visit our websites.



Island Senior Resources is a 501(c)3 nonprofit serving seniors, adults with disabilities, and those who care for them, since 1972. Their services are available county-wide, which includes all of Whidbey Island and Camano Island.

Island Senior Resources' mission is to provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

It is not an agency of local, state, or federal government. Island Senior Resources (ISR) is the trade name for Senior Services of Island County. Government sources provide limited funding for the essential services ISR provides. The balance of funding comes from support from community members, organizations, businesses, and grants.

**360-321-1600 or 360-678-3373**

**[www.senior-resources.org](http://www.senior-resources.org)**

P.O. Box 939 Freeland, WA 98249

Oak Harbor office: 917 E. Whidbey Ave., Oak Harbor, WA 98277 –

*This office is not taking walk-ins at this time, in an abundance of caution related to COVID.*

[www.facebook.com/islandseniors](https://www.facebook.com/islandseniors) | [www.facebook.com/seniorthrift](https://www.facebook.com/seniorthrift)

Monthly e-news (available by email and on our website)

### Services offered by Island Senior Resources

Nutrition: Meals on Wheels, Liquid Nutrition

Aging & Disability Resources

Family Caregiver Support

Medical Transportation

Medicaid In-Home Care & Case Management

SHIBA Medicare Assistance (Statewide Health Insurance Advisors)

Zoom Social Security Classes

Free Medical Lending Library

Zoom Support Groups

Senior Thrift (Freeland)



The Center in Oak Harbor, formerly known as the Oak Harbor Senior Center, is operated by the Senior Services department of the City of Oak Harbor. The Center in Oak Harbor exists to empower older adults living in Oak Harbor, and the surrounding area, for personal independence, healthy aging, social connection, and life-long learning.

Funding for The Center comes from City of Oak Harbor general funds, grants, donations from community groups and individuals, and revenue generated at the Center from membership dues, programs, fundraising events, and passport processing. The Center was built in 1986.

**360-279-4580 | [www.oakharbor.org/sr-svcs](http://www.oakharbor.org/sr-svcs)**

51 SE Jerome St., Oak Harbor, WA 98277

[www.facebook.com/TheCenterOH](https://www.facebook.com/TheCenterOH)

### Services offered at The Center in Oak Harbor

Programs: Fitness, recreation, social, educational classes

Local and Extended Travel

Events: Holiday meals, live music, dancing, dinner & entertainment, bazaars

Passport Services

Senior Assistance Meals (OHSC Foundation)

Event Space for Rent

AARP Tax Prep Aide (Seasonal)

Free Medical Equipment Available

Free Book & Puzzle Library

## DID YOU KNOW?

*ISR is celebrating 50 years of service this year?*



**Each year, to serve seniors, adults with disabilities, and those who care for them throughout Island County, ISR delivers about 80,000 meals to Meals on Wheels clients, provides roughly 180,000 miles of medical transportation, and responds to about 8,000 calls and home visits by our Aging & Disability Resources staff.**

**DO YOU NEED BUSINESS CARDS? YEP WE CAN DO THAT!**

**Whidbey Weekly & PRINTING**



**Full Service Graphic Design & Printing!  
Give Us A Call Today 360-682-2341!**

**1131 SE Ely Street • Oak Harbor**

**[www.whidbeyweekly.com](http://www.whidbeyweekly.com)**

# Daily Program Schedule

## MONDAY

- 8:45 Enhance eFitness
- 9 Billiards
- 9 Lapidary
- 9 Quilting
- 10 EnhanceFitness (Low Impact)
- 10 Mah Jongg
- 12 Bunco
- 12 Ping Pong
- 1 Art
- 3 Clogging

## TUESDAY

- 8:30 Yoga
- 9 Billiards
- 9 Lapidary
- 11 Mexican Train
- 1 Line Dance
- 1 Knitting and Crocheting

## WEDNESDAY

- 8:45 Enhance Fitness
- 9 Billiards
- 9 Lapidary
- 10 EnhanceFitness (Low Impact)
- 11 Duplicate Bridge
- 12 Ping Pong
- 2 New to Whidbey (2nd/4th Wed)

## THURSDAY

- 8:30 Yoga
- 9 Billiards
- 10 Walking Club (Meets at Flintstone Park)
- 10 Wii Bowling
- 10 Wire Wrap
- 11:30 Lunch
- 1 History Class
- 2 Tech Help
- 3 Ballroom Dance

## FRIDAY

- 8:45 Enhance eFitness
- 9 Billiards
- 9 Quilting
- 10 EnhanceFitness (Low Impact)
- 12 Pinochle
- 1 Line Dance



## Whidbey Island Genealogical Searchers *presents*

*Steven W. Morrison ~ "Western Overland Trails"*

The major trails from the Midwest to the West will be covered in this session. The principal routes will include the Oregon and California Trails, the Mormon migration, the Santa Fe Trail, and more.

**Tuesday, Feb. 15, 2022 • 1 p.m. on Zoom**

Non WIGS members:  
Send an email to [whidbeygenssearchers@gmail.com](mailto:whidbeygenssearchers@gmail.com) by Feb. 13 to receive Zoom invitation.  
All are invited to join us.

**Sign on to Zoom  
10 minutes early.**

## The Center In Oak Harbor

51 SE Jerome St.,  
Oak Harbor, WA 98277  
**Front Desk: 360-279-4580**  
**Passport services & photos available by appointment**  
**Current Business Hours:**  
Mon-Fri, 8:30 am - 4 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  
**Jay Lovelady • 360-279-4582**  
Program Assistant  
**Send comments and suggestions to [thecenter@oakharbor.org](mailto:thecenter@oakharbor.org)**

## CLASSES and EVENTS at The Center In Oak Harbor

### ENHANCEFITNESS & YOGA IN-PERSON OR VIRTUAL

**EnhanceFitness**  
*Mondays, Wednesdays and Fridays, NEW TIME! 8:45 - 9:45 a.m.*  
An hour-long evidence based exercise class that includes aerobics, strength training, balance exercises, and stretching.

**EnhanceFitness Low Impact**  
*Mondays, Wednesdays, and Fridays 10 - 11 a.m.*  
The low impact EnhanceFitness is very similar to our S.A.I.L. class and taught at a modified pace with a chair for those who need to regain strength and balance.

**Yoga**  
*Tuesdays and Thursdays, 8:30 - 9:30 a.m.*  
A gentle yoga class taught by owner of Lotus Tea Bar & Studio, Maria McGee.

EnhanceFitness and Yoga classes will continue to be available virtually as well as in-person. The cost is \$25 month for members and \$30 for non-members or drop-in rate is \$5 members, \$7 non-members per class. Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost. If you believe you are eligible for insurance reimbursement or to learn more, please reach out to Carly Larson at 360-279-4583 or [clarson@oakharbor.org](mailto:clarson@oakharbor.org).

### EVENTS



**Pie Taste Off**  
*Monday, March 14*  
Sample delicious pies from local bakeries and vote for your favorite. \$5 per tasting box available for pick up between 10 and

**Membership at The Center is available for anyone over the age of 50 and is \$40 a year.**

11:30 a.m. Please pre-register by visiting [www.oakharbor.org/sr-svcs](http://www.oakharbor.org/sr-svcs) or calling The Center at 360-279-4580.

**New to Whidbey Social Group**  
*2nd and 4th Wednesdays, 2 p.m.*  
Whether you moved here during the pandemic or this week, we invite you to join the New to Whidbey Group to learn more about what Whidbey Island has to offer, make new connections, and discover how to get involved.

**Tech Help**  
*Thursdays, 2 p.m.*  
Join us and learn how to get the most out of your electronic devices. Learn how to email, play games, search and organize information, transfer photos, learn new apps and programs and troubleshoot problems. Be sure to bring your phone, tablet, or laptop with you!

# DISCOVER THE ISLAND'S BEST CANNABIS





## ISLAND HERB

Phone and online ordering available through Leafly

**MEDICAL & RECREATIONAL MARIJUANA | [WHIDBEYISLANDHERB.COM](http://WHIDBEYISLANDHERB.COM)**  
**360-331-0140 | 5565 VAN BARR PLACE, UNIT F, FREELAND | OPEN MON - SUN 9AM - 7PM**

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.



# Member Spotlight: Front Desk Volunteer Brings Sunshine to Oak Harbor

By Kristen Baker-Geczy  
The Center in Oak Harbor front desk volunteer

If you’ve been to The Center in Oak Harbor over the last few months, you’ve likely been greeted by Elaine Harris, one of our newest front desk volunteers. Elaine has quickly become a source of comedy and endless laughs not only for members, but also for Center staff and fellow volunteers. Of course, that’s no surprise for those who have gotten to know her — after all, she was voted class clown in high school.

Born and raised in New Jersey, Elaine

and Robert, her husband of 30 years, became San Diego transplants in the early 80s. She recalls visiting the West Coast in the late 70s, noting it was bitter cold in New Jersey at the time, but in San Diego it was “gorgeous.” Robert made her a deal, saying when their oldest child graduated high school, they would move. True to his word, they relocated to southern California in 1984, where Elaine lived for over 30 years.

Elaine and Robert have three children together — Greg, 57, Chris, 55, and Veronica, 51.



When she wasn’t busy raising children, Elaine worked customer service for a workers compensation insurance company in New Jersey before retiring as an insurance agent for a company in San Diego. “I liked the interaction with people, which was important to me. When I worked at the company in New Jersey, there was a guy who told me that if I ever came back, he would hire me,” recalled Elaine.

Two years ago, Elaine’s daughter convinced her to move to Oak Harbor due to the high cost of living in southern California. Moving during the pandemic has been a challenge, especially for the social butterfly who thrives on in-person interactions, but Elaine is finding her way. And of course, adjusting to the weather whims of the Pacific Northwest has also been a challenge. “I used to come up here and visit in the summer time,” she noted with a chuckle.

Elaine started volunteering at The Center as a way to proactively meet people. “I find it interesting, you sometimes feel like you’re by yourself in Oak Harbor, but I am learning I’m not so alone and that’s really great. I’ve met so many people at The Center who are from the East Coast,” she said.

A self-proclaimed “shop-a-holic,” Elaine is also enjoying the quaint atmosphere Oak Harbor offers. “I love the little shops downtown. I spent one afternoon just walking in and out of stores, and it reminded me of growing up in New Jersey. I’ve really come to enjoy the boutique stores.”

Elaine volunteers at The Center Monday, Wednesday and Friday mornings. Stop by the front desk to say hi or share your favorite local shopping recommendations, and you just might walk away with a new friend.



## TRAVEL LOG



### ALDERWOOD MALL Thursday, Feb. 10

Members: \$48 | Non-members: \$58

Valentine’s Day is almost here! Let’s go shopping! Enjoy the company of others and treat yourself and a friend to a fun no-host lunch. Join us for a great day.

### WINGS OVER WASHINGTON & SEATTLE VISTAS

Wednesday, Feb. 23 | 8 a.m. - 6 p.m.

Members: \$80 | Non-members \$95

Take a ride in the state-of-the-art “flying theater” that will transport you on an aerial adventure above one of America’s most scenic and beautiful states, Washington. Then enjoy a no-host lunch from many of the wonderful options on the Pier, including Ivar’s, Elliot’s Oyster House, The Crab Pot, Frankfurter and many more! Before returning home, we will stop at some of the best view points in Seattle. Price includes transportation and ticket to Wings over Washington.

### IKEA & UWAJIMAYA MARKET Thursday, March 24

Members: \$60 | Non-members: \$70

Our first stop will be at Uwajimaya where we can purchase Asian products and foods. We will then visit IKEA for shopping and a no-host lunch. Don’t forget to get some meatballs and bring your IKEA shopping bags!

### EXTENDED TRAVEL



### ROAMING COASTAL MAINE June 5 - 11, 2022

Double: \$3,029 pp | Single: \$3,629 pp

**Collette travel presentation: Feb. 9, 2 p.m.**

Lose yourself in the natural beauty of Acadia National Park on this 7-day Collette tour. Highlights include Portland, Bar Harbor, Oyster Farm, Lobster Trap Pull Demonstration, Coastal Maine Botanical Gardens, Camden, & Boothbay. Ground and air transportation, lodging, and 9 meals included.



### SHADES OF IRELAND Sept. 18 - 27, 2022

Double: \$4,029 pp | Single: \$4,629 pp

**Collette travel presentation: Feb. 9, 2 p.m.**

Rolling hills, rugged coastline, rich history, and friendly people make Ireland one of the most desired destinations to visit. Highlights include Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher, Galway, and Castle Stay. Ground and air transportation, lodging, and 13 meals included.

## FARE FREE    CONVENIENT    FRIENDLY    SAFE



Connecting Seniors to Rides

## We Want to Hear From You Nosotros Queremos Saber De Ti

We are evaluating our bus services - please take our survey by clicking on the QR Code and give us your feedback.

Tome la encuesta para ayudar a hacer mejoras en el servicio de autobús.



- How to Scan a QR Code:
1. Hold your smartphone’s camera over the QR Code.
  2. The phone automatically scans the QR Code.
  3. Click on the link that pops up.



More info and to print the survey:  
[www.islandtransit.org/island-transit-maximized](http://www.islandtransit.org/island-transit-maximized)  
Comments? Email us: [Maximized@IslandTransit.org](mailto:Maximized@IslandTransit.org)

[www.IslandTransit.org](http://www.IslandTransit.org)  
(360) 678-7771



HEART FUNCTION WORD SEARCH

O H B D B S T R G R P O N B M R E L X E  
V R A F S T R G X C S A U O N U O U R S L  
S I R P X S I U Y P F S T B R H M U R L  
A G T B X R C S S G S N N R A A O D N H U  
O H E I G E U S S M B G I L M S M H B P  
Y T R D V B S T E U F I E L B Y H H G V  
E L Y C R M P A E B I Y V S T N P U C R N I I  
N N H T V H D B R P O H S M X A T O D Y  
A E T R A C M A R S L F U O E R C M D V  
C G X O G N N I I Y A T A V I D V D I B  
A Y G A P O I B T I O T P C P I N X R B  
V X I N M I Y D V R R I L F L A V R T E  
A O H L S A I V R I A E D N V C X B F U  
U Y U G I P A R U A O B L S R G E P B E R  
L P D Y B L C M I O A L H E A V E U L I  
O U X I V V A M P X I C L T U B R L O P  
U V N E P V E I N I P R D T H I M A I S  
M X L G L D B Y R F I N P A V V Y O I C  
T H P I S M I H E A R T Y P P U B P R L

Find the words hidden vertically, horizontally, diagonally, and backwards.

- AORTIC

ARTERY

ATRIUM

BEAT

BLOOD

CARDIAC

CHAMBERS

COORDINATED

HEART

LEFT

LUNGS

MITRAL

NUTRIENTS

OXYGEN
- PATTERN

PULMONARY

PULSE

RIGHT

TISSUES
- TRICUSPID

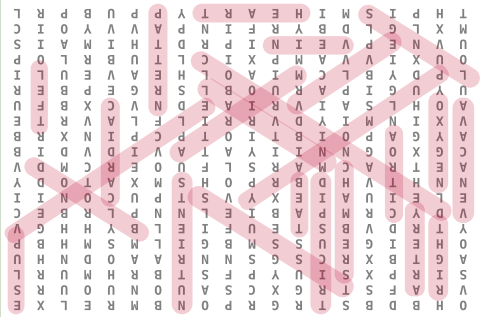
VALVE

VEIN

VENA CAVA

VENTRICLE

ANSWERS



Support Groups Meet Online

Please call 360-321-1600 or email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org) for information about attending ISR support groups.



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

Mondays except public holidays, 11 a.m. – noon

The program is designed to engage participants with discussions, group puzzles and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or cognitive challenges who enjoy being with people and making friends.

PARKINSON'S SUPPORT GROUP

Tuesdays, 10 – 11 a.m.

This Zoom group is for people living with Parkinson's and family caregivers

to share experiences, knowledge, and support. Friendships are formed and connections are made to help those living with this challenging condition.

ALZHEIMER'S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11 a.m.

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.

Island Senior Resources and The Center in Oak Harbor will be closed Monday, Feb. 21 in observance of Presidents Day

Hearing Health Services

WHIDBEY'S PREMIER AUDIOLOGY CLINIC

Proudly serving our military families and our veterans

Suffering from ringing in the ears?

Let's discuss your options for Tinnitus relief and treatment options.

Dr. Kristine Jarrell, Audiologist

360-678-1423 • [coupevillehearing.com](http://coupevillehearing.com)  
20 N.W. Birch Street, Coupeville

MEALS ON WHEELS AMERICA 2022 MEMBER

FEBRUARY

Suggested donation: Hot meals, \$7 • Frozen meals, \$6

WEEK 1		
Wed	2	Monte Cristo w/Strawberry Compote
Fri	4	Homemade Clam Chowder & Half BLT Wrap
WEEK 2		
Mon	7	Beef Enchilada Bake
Wed	9	Chicken and Dumplings
Fri	11	White Turkey Chili & Cornbread
WEEK 3		
Mon	14	Beef Lasagna & Caesar Salad
Wed	16	Beer Battered Fish & Potatoe Wedges
Fri	18	Chicken Vegetable Soup and Half Sandwich
WEEK 4		
Mon	21	HOLIDAY- No Meal Service
Wed	23	Hot Turkey Sandwich w/Potatoes & Gravy
Fri	25	Black Bean w/Bacon Soup & Half Ham Sandwich
WEEK 5		
Mon	28	Swedish Meatballs over Brown Rice



# Medicare

## 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 SHIBA (State-wide 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
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).
- Ways to help you avoid being a victim of Medicare Fraud

### TUESDAY CLASSES • 1 PM:

March 1	May 3	July 5	Sept. 6
---------	-------	--------	---------

### WEDNESDAY CLASSES • 1 PM:

Feb. 2	April 6	June 1	Aug. 3
--------	---------	--------	--------

**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](http://www.senior-resources.org/shiba) and click on the link for each date/time. Not sure how to Zoom? No Problem! Call us at 360-321-1600 or 360-678-3373 and we will walk you through it. Pre-registration is required.

*The Statewide Health Insurance Benefits Advisors (SHIBA) offer unbiased, confidential advising for Medicare benefits and insurance options.*

## Questions? Sno-Isle Libraries Has Answers

By Sno Isle Libraries

Do you need to settle a friendly wager over a disputed bit of trivia? Do you need some good, old-fashioned library reference information? Do you need help with research? Have you found yourself with a question about Sno-Isle Libraries services, events, or programs?

You'll find the answers at Sno-Isle Libraries.

Every Sno-Isle Libraries community library has helpful staff who can answer your questions quickly. But, no matter what kind of answers you seek, Sno-Isle Libraries offers several methods to get them.

You can visit any of the Sno-Isle Libraries community libraries in Clinton, Coupeville, Freeland, Langley, or Oak Harbor, or call the Clinton Library at 360-341-4280, the Coupeville Library at 360-678-4911, the Freeland Library at 360-331-7323, the Langley Library at 360-221-4383, or the Oak Harbor Library at 360-675-5115. Whether you drop in or pick up the phone, you'll talk to a librarian who's ready and able to help.

If you'd rather get answers online, go to [sno-isle.org](http://sno-isle.org), scroll to the bottom of the home page, then hit the “Questions?” button. That will open the Contact Us page. Here's where you'll find many more answers.

Learn how to find your library card number, place holds, track what you've borrowed, how to update or renew your library card and get answers to other frequently asked questions. If you don't have a Sno-Isle Libraries library card, click on Get a Library Card. Then, check the other links for business resources, career and job help, computers and printing, community resources, and Library on Wheels.

Down the page, you'll see an “Ask Us: Chat Now” window. You can live chat with a Sno-Isle Libraries librarian between 9 a.m. and 6 p.m. Monday through Saturday. In addition,



tion, you can renew your Sno-Isle Libraries account or ask other questions.

Use the email link to submit your question, comment, or suggestion. Librarians will assist you with research or direct your feedback to the right place.

For a one-on-one appointment, you can use the Sno-Isle Libraries Book a Librarian service. This free 30 to 60-minute session will provide you with personalized help. Learn how to create an email account and effectively search the internet. Learn how to browse the Sno-Isle Libraries catalog and download ebooks and digital audiobooks. Learn how to access electronic databases. Librarians can also give personalized help on a research project and help you discover new books and authors to match your tastes and interests.

Between 9 a.m. and 6 p.m. Monday through Saturday, you can send your question by text to 360-810-5188. In your initial text message, please include your name and telephone number. Your carrier's standard text messaging rates apply.

When there's so much disinformation masquerading as “news,” it's easy to get fooled by unscrupulous sources who claim to be peddling the truth. However, you can become an informed citizen and improve your information literacy by asking your Sno-Isle Libraries librarian whether something you read, saw, or heard is true.

Count on Sno-Isle Libraries librarians to provide you with accurate information, no matter how you ask for it.

## 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 .

### Wednesday Classes • 1 p.m.

March 16	May 18	July 20	Sept. 21
----------	--------	---------	----------

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

## Senior Assistance Community Meals

Providing an opportunity for seniors in need to combat isolation and food insecurity

Thursdays at 11:30 AM  
Now - March 31, 2022  
The Center in Oak Harbor  
51 SE Jerome St.

Please pre-register by calling The Center in Oak Harbor at 360-279-4580 by Tuesday of the week you would like to attend. You can register for one, a few, or all.

Thanks to funding from PSE and PSE Foundation there is no cost for this meal. Donations are welcome and will help sustain and lengthen this program.

Per state mandate, masks are required while not actively eating.



## Planning ahead is simple. The benefits are immense.

Contact us today to discuss pre-arrangements or transfer of existing arrangements.



WALLIN  
STUCKY  
FUNERAL HOME



1811 NE 16th Ave • Oak Harbor • 360-675-3447 • [info@wallinfuneralhome.com](mailto:info@wallinfuneralhome.com)  
5533 East Harbor Road • Freeland • 360-221-6600  
[www.wallinfuneralhome.com](http://www.wallinfuneralhome.com)



VILLAGE CONCEPTS  
OF OAK HARBOR  
HARBOR TOWER VILLAGE



“My Village, My Family.”

Schedule a Tour & Meet  
Our Family!  
360-675-2569

[www.villageconcepts.com](http://www.villageconcepts.com)



INDEPENDENT LIVING



ASSISTED LIVING



Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. It is not an agency of local, state, or federal government. Island Senior Resources is the trade name for Senior Services of Island County. We are only partially funded by government sources.

# FROM THE EXECUTIVE DIRECTOR

## 50 Years of Service

By Cheryn Weiser, Executive Director, Island Senior Resources

2022 marks Island Senior Resources’ 50 years of service to Whidbey and Camano Islands. Over these 50 years, Island Senior Resources has adapted and changed to meet the needs of seniors, adults with disabilities, and caregivers. As ISR plans for another 50 years of service, we are intent upon:

- Striving for excellence in the services that we provide to our Island communities
- Continuous quality improvement with effectiveness and efficiency as hallmarks of our business model
- Engaging and listening to our islanders, donors, and clients to learn and lean into ways in which we can better serve our communities
- Working with community-based organizations and funding sources to help assure well-coordinated services and optimize opportunities for increased collaboration.

This year, we have consolidated office spaces with hubs for services in Bayview, Oak Harbor, and Camano. We have retained staffing capacity for Meals on Wheels and Aging & Disability Resources initiated by the pandemic. We are implementing a centralized database system that will allow us to serve our clients better and provide granular data about our services while increasing efficiencies for staff and volunteers.

As hard as the pandemic has been and continues to challenge all of us, Island Senior Resources has used this time to innovate and energize its online and phone capacity to make sure services are accessible to all of our Island residents as well as family or friends from afar who are concerned about loved ones living in Island County.

We all live in the hope that the current COVID surge will usher in a more relaxed time as spring approaches, prompting a collective exhale after these last two incredible years.



# Senior Thrift

benefitting  
Island Senior Resources

5518 Woodard Ave,  
Freeland, WA 98249

360-321-1600 • 360-678-3373

**Now Open:**  
Wednesday-Saturday  
10 a.m.-4 p.m.

**Donations Accepted:**  
Thursday-Saturday  
10 a.m.-3 p.m.  
or until capacity is reached





**Wacky Wednesdays**  
25% OFF  
ALL HARDWARE

**Treasure Hunt Thursdays**  
25% OFF  
ANY ONE ITEM (YOUR CHOICE!)

**Fantastic Fridays**  
25% OFF  
ALL BOOKS

**Shocking Saturdays**  
25% OFF  
ALL ELECTRONICS

**February Specials**  
25% OFF **RED TAGS**  
50% OFF **WHITE TAGS**  
WHITE TAGGED CLOTHING \$1.00  
2/25 & 2/26

**Seniors (55+), teachers, & military receive 10% off every day!**

Health precautions will be in place, masks will be required, customer flow will be limited, the store will be sanitized throughout each day, and donated items will be quarantined for three days prior to reaching the sales floor.

## 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 @ Home  
Medicaid In-Home Care/  
Case Management  
Medical Transportation/  
Volunteer Services  
SHIBA

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

For more information, visit  
[www.senior-resources.org](http://www.senior-resources.org)

## OUR LOCATIONS

Our physical locations are currently closed but we are here to assist you by phone or email.

For more information call:  
360-321-1600 or 360-678-3373

## ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

June Nailon: President  
Kathryn Beaumont: Vice President  
Lori Christian: Treasurer  
Jason Pryde: Secretary

Jan Bahner  
Walt Blackford  
Nancy Bolin-Romanski  
Mike Etzell  
Julie Joselyn  
Chris Schacker  
Suzanne Turner

Executive Director: Cheryn Weiser

**Seniors\* Get 15% Off on the 15th of Each Month!**



1609 E. Main Street  
Freeland  
**360-331-6799**  
Monday-Saturday 8am-7pm  
Sunday 9am-6pm  
[freelandacehardware.com](http://freelandacehardware.com)

\*Age 65 and over, just show your driver's license at the cash register.  
(Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

Combine & Save.



I can help you save time & money.  
One agent for all your insurance needs saves time. And Allstate's multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.



MATTHEW IVERSON  
360-675-5978  
466 NE Midway Blvd,  
Oak Harbor, WA 98277  
[mattiverson1@allstate.com](mailto:mattiverson1@allstate.com)



Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Insurance Co., 2775 Sanders Rd., Northbrook, IL 60062 Northbrook, IL. © 2016 Allstate Insurance Co.



# The New Face of Island Senior Resources Bayview

By Robin Bush, ISR Community Education Specialist

The Island Senior Resources building in Bayview is closed to the public, but inside it is a flurry of activity! All our essential services are still being provided to all of Island County since COVID began: Meals on Wheels, Aging & Disability Resources, Family Caregiver Support, Medical Transportation, Medicaid In-Home Care & Case Management, Support Groups, SHIBA Medicare Assistance (Statewide Health Insurance Benefits Advisors), Medical Lending Library, and Social Security classes. In addition, some services are provided via Zoom (support groups, SHIBA, and social security classes), which allows access to many more people who could not attend in person.

In 2017, we shifted our focus from being an activity center to being a resource center serving seniors, adults with disabilities, and those who care for them. No other organization on the island provides the depth and range of essential services we do. With competition for activities across south Whidbey increasing and participation in the activities we offered significantly dropping, activities were turned over to local groups who utilized our facility for their gatherings and classes.

Community Meals continued in Bayview until the facility was closed to the public in March of 2020 due to honoring county and state COVID safety precautions for our community members, staff, and volunteers. Since then, the demand for Meals on Wheels has increased so substantially that the space which previously served as our dining room is now

fully utilized for meal preparation, packaging, and delivery prep for Meals on Wheels. We are providing nearly 64,000 meals each year to our community from our kitchens in Bayview (delivered weekly by volunteers to Meals on Wheels participants in South Whidbey, Coupeville, and Oak Harbor)

We also consolidated our offices in Freeland into the building in Bayview to save overhead costs and focus our financial resources on service delivery. Every room in the Bayview building is being used to the fullest to coordinate services, with no room remaining to offer community activities. We are all fortunate that activities previously held at the center are slowly finding new homes elsewhere to provide socialization opportunities for community members of all ages.

For some, it may be hard to say goodbye to how the Bayview building was used in the past; we all have fond memories of past eras, but ISR is adapting to respond to a community in transition: budgets are stretched tighter than ever, and essential services are needed at a much higher level by more people.

ISR is celebrating its 50th year anniversary this summer, and we are making the necessary changes to assure sustainability of services for the next 50 years.

Island Senior Resources' mission is to provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them. We remain dedicated to this mission and strive to meet the ongoing and increasing needs of the community. We are here for you!

## February is American Heart Month

from Myplate.gov

One of the ways we can eat heart healthy is to reduce our sodium intake which in turn, can help to reduce hypertension (high blood pressure), a leading risk for heart disease and stroke. Let's start today with these tips:

- **Read food labels**  
The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.
- **Eat fruits and veggies**  
Enjoy a variety of fresh and frozen fruits and vegetables – almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”
- **Look for cue words**  
Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



- **Put together meals at home**  
Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.
- **Go easy on the sauce**  
Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium in these can add up quickly.
- **Spice it up**  
Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list.

**The benefits of healthy eating add up over time, bite by bite.**

Senior Living Made Personal

REGENCY ON WHIDBEY  
RETIREMENT & ASSISTED LIVING  
A Regency Pacific Community • Bringing Independence To Living And Quality To Life

Independent Living • Assisted Living  
Memory Care • Respite Care

Call Teri Mendiola to schedule your Personalized Tour!

**360-279-0933**

1040 SW Kimball Drive, Oak Harbor WA 98277  
www.regencywhidbey.com

2020 Employer of the Year

**Rue and Primavera Welcomes Ashley Popejoy!**

Ashley is a licensed massage therapist who specializes in medical massage therapies to include post surgical massage, manual lymph drainage, complete decongestive therapy for lymphedema, oncology massage and breast cancer rehabilitation techniques.

**Call today to schedule your appointment.**

**Rue & Primavera** Physical, Occupational and Hand Therapy

765 Bayshore Drive • Ste 102 • Oak Harbor • 360-279-8323  
432 3rd St • Langley • Soundview Center • www.rueandprimavera.com

**Support & Guidance in your time of sorrow**

We provide complete funerals, cremations and memorial services, helping you handle all the details of your loved one's final arrangements with the utmost care and dignity.

**Whidbey MEMORIAL FUNERAL HOME**  
Serving all Whidbey Island and beyond

746 NE MIDWAY BLVD • OAK HARBOR  
360-675-5777  
INFO@WHIDBEYMEMORIAL.COM  
WWW.WHIDBEYMEMORIAL.COM

Paul and Heidi Kuzina, Owners

**I will be your Insurance Angel**

**Naomi DeMartini, Agent**

**NEW TO MEDICARE?**

Medicare including Medicare Supplement plans, Medicare Advantage plans, Medicare Prescription plans along with individual & small group plans.

*We can help sort through options.*

Long Term Care • Life Insurance • Health Insurance • Group Health Insurance  
Disability Insurance • Dental/Vision Insurance • Travel Insurance

**J. JOHNSON INSURANCE, LLC • 360-341-1848**  
jjins@whidbey.com • 1635 Main Street #A7, Freeland, WA 98249



# Island Senior Resources Has a New Home in Oak Harbor

By Robin Bush, ISR Community Education Specialist

Island Senior Resources has a new home for north island services! For at least the last 25 years, we have served the Oak Harbor community from offices inside the Center in Oak Harbor. Now we have our new facility located at 917 E. Whidbey Ave. Oak Harbor, WA 98277. We haven't gone far; we are in the portable building just behind the Center. Our Oak Harbor office is not taking walk-ins at this time, in an abundance of caution related to COVID.

What services does Island Senior Resources provide in north Whidbey?

- The largest number of our Meals on Wheel clients are located in Oak Harbor and north Whidbey,
- We have dedicated Aging & Disabilities staff, Family Caregiver Support staff, and COPES Case Management staff in Oak Harbor serving north island residents every day,

- Our Medicaid Transportation services are in such high demand in Oak Harbor that we need more volunteer drivers. (if you are interested, contact Carol Colar, Medical Transportation Director at carol@islandseniorservices.org - some eligibility requirements must be met, and drivers receive a mileage reimbursement).
- We offer support groups, SHIBA Medicare advising, and social security classes, all via Zoom.

If you know of a group that would benefit from having one of our staff or board members introduce our services, please contact our Community Education Specialist, Robin Bush, at robin@islandseniorservices.org.

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources, please contact us at 360-321-1600 or 360-678-3373.

## VACCINE ACCESS:

For current vaccine access information contact Island County Public Health's recorded information line at 360-678-5111 ext. 6000 or reach their call center at 360-678-2301, Monday through Friday from 8 a.m. to 4:30 p.m.



## CAREGIVERS: AT THE HEART OF HEALTHCARE

As friends, family or loved one age, unexpected events can derail even the healthiest person. Often friends and family need to step in and support when they least expect it.

Facing a long-term serious illness is not only challenging for the patient but can be very stressful for their family and caregivers.

If you or someone you love is dealing with a long term illness, knowing what Hospice Care and Palliative Care are – when and how to take advantage of these valuable and specialized services can make a world of difference.

**PALLIATIVE CARE:** Palliative care is an interdisciplinary medical approach to helping people living with any serious or debilitating illness like cancer, Parkinson's or Alzheimer's disease.

**HOSPICE CARE:** Hospice teams provide family-centered, holistic, and compassionate end-of-life care for people with terminal illness.

At WhidbeyHealth, our Hospice and Palliative Care teams works with each patient to determine their goals and help them achieve them.

To learn more, visit:  
whidbeyhealth.org/hospice-and-palliative-care  
or Call us at 360.914.5635.

## JOIN OUR TEAM!

### Island Senior Resources has Multiple Open Positions!

Island Senior Resources is a unique nonprofit, providing a "one-stop shop" for seniors, adults with disabilities, and those who care for them across Island County to access the programs, services, and support that they need to thrive. Join our team of passionate individuals today!



Read the full job descriptions and apply at <https://senior-resources.org/employment/>

## The Center in Oak Harbor and Island Senior Resources

If you have questions regarding senior activities at The Center in Oak Harbor, please contact 360-279-4580. Island Senior Resources does not administer or operate The Center in Oak Harbor.

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact at 360-321-1600 or 360-678-3373.

## FREE PICK UP – DELIVERY AVAILABLE





**Habitat for Humanity**  
of Island County

**Two Locations To Serve You**  
[www.islandcountyhabitat.org](http://www.islandcountyhabitat.org)  
**1592 Main Street FREELAND**  
**360.331.6272**  
**290 SE Pioneer OAK HARBOR**  
**360.675.8733**

Your donations & purchases help build a world where everyone has a decent place to live.

## ISLAND TIMES IS A PUBLICATION OF WHIDBEY WEEKLY

**PUBLISHED** and distributed every month. No part of this publication may be reproduced without the written consent of the publisher. Whidbey Weekly, Island Senior Resources and Oak Harbor Senior Center cannot be held responsible for the quality of goods or services supplied by advertisers in this publication. Advertisements are not an endorsement by either Island Senior Resources or Oak Harbor Senior Center.

**TO ADVERTISE:** Island Times publishes the last Thursday of each month. Deadline to advertise is two weeks prior to publish date. Please email [advertise@whidbeyweekly.com](mailto:advertise@whidbeyweekly.com) or call (360) 682-2341. For more information, please visit [www.whidbeyweekly.com](http://www.whidbeyweekly.com).



**Whidbey Weekly**  
LOCALLY OWNED & OPERATED

1131 SE ELY STREET | PO BOX 1098 | OAK HARBOR, WASHINGTON 98277

Publisher & Editor .....	Eric Marshall
Marketing Representative .....	Noah Marshall
Graphic Design .....	Teresa Besaw
Production Manager .....	TJ Pierzchala
Circulation Manager.....	Noah Marshall

Volume 5  
Issue 10

PHONE: 360-682-2341      FAX: 360-682-2344