

# Island Times

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

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

Volume 5 • Issue 12

## From Global to Local – A New Island Adventure

By Michele Cato Executive Director, Island Senior Resources

It is with great pleasure and respect for Island Senior Resources' accomplishments over the past 50 years that I have assumed a new role as its Executive Director. This is an exciting time to join ISR, and I am looking forward to collaborating with ISR's board, staff, volunteers, donors, and partners to usher in the next generation of service to Island County's diverse and vulnerable communities. I am fortunate to be following in the foundational footsteps of Cheryn Weiser, ISR's outgoing Executive Director, and am grateful for her current mentorship and inspirational guidance as I learn the ropes and get to know those we serve. In addition, I am privileged to be joining a highly competent and extremely dedicated team and am excited by the prospect of working alongside them to achieve our mission.

I am coming to Whidbey and Island Senior Resources after a challenging and rewarding 25-year career in global health and international development. I have had the privilege of working worldwide to advance the health and well-being of communities in Sub-Saharan Africa, China, Latin America, the Caribbean, Central Asia, and the Middle East. What they all have in common with Island County is the breadth and depth of need among vulnerable populations who lack affordable access to critical social services. My professional passion has been to tackle and overcome complex barriers to the Social Determinants of Health (e.g., quality healthcare, transportation, nutrition, knowledge, social connections, income, equity, self-efficacy) in collaboration with community stakeholders who share that vision.

I have been seeking a path home to the Northwest for some time. I grew up in Snoqualmie and went to the University of Washington before discovering the broader world when I joined the Peace Corps and went to Costa Rica. I did come home long enough to get my MBA at the UW and then work at the City of Bellevue for several years before the international bug bit again with an offer to work in Guinea. Headquartered out of Metro-Washington D.C. for the next 20 years, "home" seemed a long way away, especially as I raised my daughter in Arlington, Virginia, and rose in my profession. But I always considered the Pacific Northwest my base and have traveled to Whidbey for years visiting friends on the Island. So when one of them told me about the job opening at ISR at the same time my daughter decided to move to Seattle herself, I knew the time was right to make a change. When I received the job offer the same day I found an affordable small house five miles from the office, I knew the stars were aligning. Even my Phoenix-transplant dog, Cooper, quickly adapted to walks in the snow and rain! My dream to live and work in a rural northwest community that I can call my own was coming true.

**ADVENTURE** continued on page 8



## Best of Pi Day – Pie Taste Off

### And the best pie award goes to Chris' Bakery!

What do mathematicians and pie bakers have in common? A love for March 14.

This year, The Center in Oak Harbor celebrated Pi Day with a Pie Taste Off. Fifty taste-off boxes were sold for \$5 and each contained a slice of pie from four area bakeries. Chris' Bakery, Whidbey Pies, Schuh Farms, and Wild Crow Pie Co. Tasters were asked to score the pies on pastry, filling, and taste for the overall score.

Chris' Bakery received the highest overall score, with Whidbey Pies close behind. While Whidbey Pies crust received the highest marks, Chris' Bakery was deemed best filling. It was a very close competition with delicious pies from all contributors.

A huge thank you to Whidbey Pies, Schuhs Farm and Chris' Bakery for donating pies for this tasty fundraiser, which supports programs at The Center. We are so grateful for the community support!

While we were enjoying the excuse to



eat locally baked pies, for math lovers, Pi Day is a chance to celebrate Pi, one of the most important numbers ever, representing the ratio of a circle's circumference to its diameter.

Although Pi is typically rounded down to 3.14, it can go on forever. According to *Guinness World Records*, the most accurate value for Pi is more than 62 trillion digits (62,831,853,071,796 to be precise). It was calculated about a year or so ago by the University of Applied Sciences in Switzerland.

In 2009, the House of Representatives passed a resolution marking March 14 as National Pi Day.

Fun fact: Albert Einstein was born on 3.14 in 1879.



Ladies tasting the pies on Pi Day while playing Mah Jongg at The Center

## DID YOU KNOW?



Island Senior Resources has opened a new Free Medical Equipment Lending Library in Oak Harbor?

**ISR's South Whidbey location lends over 200 medical devices each month to community members in need of items from wheelchairs to personal care. Every item is donated, and many items are new. Now the same service is available to North Whidbey. For more information see page 5 for details on hours and how to make donations of equipment you don't need anymore.**

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

**Whidbey Weekly & PRINTING**

*Dina's GREAT FINDS*  
Furniture, Art, Clothing & Jewelry  
Antiques, Vintage, & More  
1131 SE Ely Street • Oak Harbor  
360-682-2341  
www.whidbeyweekly.com

Full Service Graphic Design & Printing!  
Give Us A Call Today 360-682-2341!  
1131 SE Ely Street • Oak Harbor  
www.whidbeyweekly.com



# Daily Program Schedule

## MONDAY

8:45 EnhanceFitness  
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 EnhanceFitness  
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 (begins 4/14)  
2 Tech Workshop  
3 Ballroom Dance (begins 5/5)

## FRIDAY

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

### 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

Send comments and suggestions  
to thecenter@oakharbor.org

## CLASSES and EVENTS at The Center In Oak Harbor

### ENHANCEFITNESS & YOGA

\$25 members, \$30 non-members  
Drop-in: \$5 members, \$7 non-members  
EnhanceFitness and Yoga classes are available virtually and in-person. 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.



#### EnhanceFitness

**Mondays, Wednesdays and Fridays,  
NEW TIME! 8:45 - 9:45 a.m.**

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

### CLASSES AND PROGRAMS

**Ballroom Dance Lessons – Cha-Cha  
Thursdays (Beginning 5/5) | 3 PM**

\$25 for members,  
\$35 (+\$3 day use fees) for all others  
This 5-week course will focus on the basic steps of the Cha-Cha instructed by Duncan Chalfant. No partner required.

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

#### 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 Workshop

**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!

#### History Class - Russia & Ukraine

**Thursdays, 1 PM | April 14 - June 16**

\$40 for members, \$60 for all others  
Instructor Debbie Wallin will guide you through the history of Russia and Ukraine.



## Whidbey Island Genealogical Searchers presents

**Jean Wilcox ~ "BEWARE! The Enchanted Forest: Perils & Pitfalls of Online Trees"**

Online trees are not created equal; they need to be evaluated.  
Learn how to use them for clues to further your research and more.

**Tuesday, April 19, 2022 • 1 p.m. on Zoom**

Non WIGS members:  
Send an email to  
whidbeygenssearchers@gmail.com  
by Jan. 16 to receive  
Zoom invitation.  
All are invited to join us.

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

# DISCOVER THE ISLAND'S BEST CANNABIS

## MEDICAL & RECREATIONAL MARIJUANA | 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.

### ISLAND HERB

Phone and online ordering  
available  
through Leafly



TRAVEL LOG

**MYSTERY LUNCH**  
**Tuesdays: April 26, May 31, June 28**  
**11 AM – 3 PM**  
\$25 Members • \$32 Non-members  
Hop on the bus and take a drive to a mystery location where we will enjoy a delightful lunch amongst friends.



**SPARK MUSEUM OF ELECTRICAL INVENTION**  
**Thursday, April 28 | 9 AM – 5 PM**  
\$60 Members • \$72 Non-members

This adventure packed day will include a scenic drive up historical Chuckanut Drive, a no host-lunch in the Fairhaven district of Bellingham, and a guided tour at the SPARK Museum of Electrical Invention. You will experience the history, science, and power of electricity. Includes transportation, guided docent tour, and a MegaZapper electrical show.

**BURKE & MOHAI MUSEUM**  
**Thursday, May 5 | 8 AM – 6 PM**  
\$83 Members • \$100 Non-members

This fun filled day will begin with a stop at the Burke Museum on the U.W. campus where you can watch working labs while visiting the exhibits of biology, contemporary culture, paleontology, Northwest native art, and archaeology. Then, we will have a no-host lunch before visiting the MOHAI museum where you will learn about the story of Seattle through exhibits and interactions.



**A DAY IN LEAVENWORTH**  
**Thursday, May 12 | 8 AM – 7 PM**  
\$90 Members • \$110 Non-members

Join us for a day of gorgeous mountain vistas as we drive through the pass to the Bavarian town of Leavenworth. There will be plenty of time for a no-host lunch at one of the many fantastic restaurants, wine tasting and shopping galore!



**LEMAY CAR MUSEUM**  
**Thursday, May 19 | 8 AM – 8 PM**  
\$98 Members • \$118 Non-members  
Whether you're a collector, an automotive enthusiast, or just a fan of cars, this

museum will be sure to spark your interest. Enjoy a no-host lunch in their Classic Café, which features hot sandwiches, burgers, and floats, or choose from an option of close by restaurants. Price includes transportation and museum entrance.

**VAN GOGH IMMERSIVE EXPERIENCE**  
**Wednesday, May 25 | 8 AM – 4 PM**  
\$90 Members • \$110 Non-members

Experience a 360° digital art exhibition in Seattle that invites you to step into the universe of the Dutch genius, Vincent van Gogh. The experience will last 60-75 minutes and then we will enjoy a no-host lunch at The Cheesecake Factory.

**WHALE WATCHING**  
**Tuesday, June 7 | 8:30 AM – 3 PM**  
\$155 Members • \$185 Non-members

The calm waters near the San Juan Islands are one of the best places in the world to view wild orcas, humpback, minke and gray whales! Soak in the natural beauty of the Pacific Northwest aboard the Island Explorer boat on this 4-5 hour excursion.



**SAN JUAN ISLAND EXPLORER GETAWAY**  
**Monday, June 13 – Wednesday, June 15**  
Center Member Rate:  
\$1,100 pp double, \$1,300 pp single  
Non-member Rate:  
\$1,300 pp double, \$1,550 pp single

Cruise the pristine waters and narrow passageways aboard the Salish Express. View orca whales and other wildlife, talk with our knowledgeable captain and crew about the biology and geology of the area, take a stop in historic La Conner, tour San Juan Island by motor coach, and enjoy two nights in the town of Friday Harbor, the heart of the San Juan Islands. Five meals provided, including the famous cracked crab Lunch aboard the Salish Express. Limited space available, must register by April 27.

**Day 1, June 13 (Lunch/Dinner) 8 AM – Leave Oak Harbor to Bellingham Bay**

9:30 AM – Board the Salish Express and depart for San Juan Island. The route will be based on the current wildlife reports and weather. Very possibly, you cruise past the historic Patos Island Lighthouse, Sucia Island State Park, Orcas Island, and voyage through the San Juan Channel. A hearty home-made lunch will be served.

3-4 PM – Arrive at Friday Harbor. You and your luggage will be transferred to the Friday Harbor Suites just six blocks away from the harbor and only two blocks from the heart of downtown. Relax and unwind in your Friday Harbor Suites studios or go explore the interesting shops and galleries before dinner.

5:30 PM – Take a short walk or hop on the hotel shuttle and head to Downriggers, an iconic restaurant overlooking

the Friday Harbor Marina for dinner (included). They serve up some of the best Pacific Northwest fare.

**Day 2, June 14 (Breakfast,Lunch) 7:30 AM – Breakfast at your hotel then stroll down to the dock for boarding.**

8:30 AM – Board the Salish Express for a scenic ride through Swinomish Channel to the picturesque waterfront of La Conner. You will have around two hours to explore the shops in La Conner.

1 PM – Deception Pass cruise, whale and wildlife search, and signature cracked crab lunch on board.

5 PM – Arrive back in Friday Harbor and enjoy the evening at your leisure.

**Day 3, June 15 (Breakfast)**  
7:30 AM – Enjoy breakfast at the hotel or perhaps strike out on your own and try a local restaurant. In the meantime, your luggage will be taken to the boat.

8:30 AM – Take a guided motor coach tour of the San Juan Island. Exploring all the main attractions including Lime Kiln State Park, the Alpaca Ranch, English Camp, Roche Harbor, Westcott Bay Sculpture Park.

11 AM – Lunch on your own in Friday Harbor

1:30 PM – After an enjoyable time in Friday Harbor you will once again board the Salish Express for the final leg of the voyage.

4 PM – Exchange final farewells and arrive back in Bellingham.



**BLOEDEL RESERVE & LUNCH IN POULSBO**  
**Thursday, June 16**  
**8:30 AM – 6:30 PM**  
\$65 Members • \$78 Non-members

The Bloedel Reserve is a 150-acre garden and forest reserve located on Bainbridge Island, featuring beautiful landscapes. You will have the opportunity to step inside the residence and view the 18th-Century

French design as well as learn about the history of the landscapes. We will stop for a no-host lunch in Poulsbo.


Please note: This trip includes an optional walk which will be about a mile long on paved trails.



**HAMILTON AT THE PARAMOUNT THEATER**  
**Saturday, Aug. 6 | 9:30 AM – 6:30 PM**  
\$220 Members • \$265 Non-members


*Hamilton* is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, *Hamilton* has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre—a musical that has had a profound impact on culture, politics, and education. Tickets are very limited, must pre-register by May 31.

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



**Allstate**  
You're in good hands.  
Auto Home Life Retirement

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.

FARE FREE    CONVENIENT    FRIENDLY    SAFE

Connecting Seniors to Rides



**Island Transit Customer Service**  
is available to help plan your trip.

**Whidbey Island (360) 678-7771**  
**Camano Island (360) 387-7433**

Check our Website  
[www.IslandTransit.org](http://www.IslandTransit.org)

Shopping | Medical Appointments | Church  
Yes! Language assistance available.

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



# 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  
5533 East Harbor Road • Freeland • 360-221-6600  
www.wallinfuneralhome.com



# National Volunteer Appreciation Week • April 17-23

National Volunteer Week is an opportunity to recognize the impact of volunteer service in our community and as many of you are well aware, The Center would not be made possible without the countless hours and dedication of our volunteers. From being our receptionist, to leading programs, to escorting trips, to planning events, and even folding the quarterly newsletters, the volunteers at The Center are involved in almost every aspect of our functioning. We have over 20 active volunteers who put in over 3,500 hours a year! We are truly grateful for each one of them and couldn't do it without their hard work and dedication. Also, we don't



Volunteers packing re-usable bags for an annual event at The Center in Oak Harbor

Lilia, a front desk volunteer, taking phone calls and scheduling appointments



want to forget all the other volunteers in the community that make this world a better place! The Center in Oak Harbor thanks you for your time!

Are you interested in becoming a volunteer? The Center is looking for individuals with receptionist experience who could commit to one, 4-hour shift per week. If you want to learn more about the volunteer opportunities at The Center please reach out to Carly Larson at 360.279.4583 or claron@oakharbor.org.

VILLAGE CONCEPTS  
OF OAK HARBOR  
HARBOR TOWER VILLAGE

“My Village, My Family.”

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

www.villageconcepts.com



INDEPENDENT LIVING



ASSISTED LIVING

Hearing Health Services

WHIDBEY'S PREMIER AUDIOLOGY CLINIC



The care you need and quality you deserve.

Dr. Kristine Jarrell

Hearing Health Services only works with the top Hearing Aid manufacturers and the Latest Technology. We offer competitive pricing. FREE follow up care and walk-in services!

Contact us for a consultation and hearing assessment.



20 N.W. Birch Street, Coupeville  
360-678-1423 • coupevillehearing.com

# What to Do if You Become the Victim of Fraud or a Scam

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

Chris, a volunteer at The Center in Oak Harbor, woke up a few days ago expecting to have an ordinary day. She started her morning by making a cup of coffee, checking her email, then logging into her bank account to do some bill paying. When she first tried logging in, she got a message saying her password was incorrect. Although it seemed strange, since she used the same password for many years and had never experienced a problem logging in, she wasn't overly alarmed. Chris then tried resetting her password and was surprised when the two-step verification presented phone number options that were not hers. Still not thinking anything of it, Chris reset her password using a different method, her email address, which worked. Then when she signed into her account, it felt like her heart stopped and her stomach dropped when her balance showed only a mere \$1.82 left in her account. It was then when all the "red flags" and "alarms" started to go off!

Thankfully, most banks have insurance for fraudulent cases comparable to what Chris experienced and the money will be returned to her, however the process is not always quick or easy. The past few weeks, Chris has spent countless hours at the bank, filling out documents and forms, and tracking down all the information she needs. In Chris' instance, there was not a scam she fell for or anything she did wrong, but just happened to be the victim of fraudulent criminal activity. On the contrary, there are times where fraudulent criminals use deceitful tactics to trick you into giving them personal information, account access, or in some cases money.

Although many of us think "it will never happen to me," or "I am not gullible enough to fall for a scam," fraud and scams can happen to any of us. Chris

is a prime example of someone who did everything right; kept track of her account, never gave out personal information, had secure passwords, but still became a victim. The FBI estimates older adults lose over \$3 billion dollars to fraud and scam crimes.

If you believe your information has been compromised, either by fraud or a scam, there are steps and precautions you can take to protect yourself:

- Tell someone you trust – don't be afraid or embarrassed to talk about it. You are not alone and there are people who can help.
- Report the incident to your local police station
- Report the scam to the Federal Trade Commission (FTC) - <https://report-fraud.ftc.gov/#/>
- Inform your bank
- If your identity has been stolen, you can report it by visiting [www.identity-theft.gov/#/](http://www.identity-theft.gov/#/)
- Close or freeze accounts
- Change passwords and/or usernames for logins
- Place a fraud alert by contacting one of the three credit bureaus:
  - Experian.com/help | 888-397-3742
  - TransUnion.com/credit-help | 888-909-8872
  - Equifax.com/personal/credit-report-services | 800-685-1111
- Get a free credit score from either Experian, TransUnion or Equifax

Although we hope it doesn't happen to you, we want you to be aware that fraud and scams happen daily in our community. If you do fall victim to fraud or a scam, by reporting it to local police and the FTC, it can allow for further investigation and hopefully prevent future cases.



## Support Groups Meet Online

### 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.

Please call 360-321-1600, 360-678-3373 or email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org) for information about attending ISR support groups.



## APRIL

The suggested donation for hot meals is \$7, frozen meals is \$6.

WEEK 1		
Fri	1	Pineapple Pork & Roasted Potatoes
WEEK 2		
Mon	4	Turkey Pesto Wrap w/Lettuce & Tomato
Wed	6	Cheeseburger Pie w/Tomato
Fri	8	Fish Sandwich w/Lettuce & Cheese
WEEK 3		
Mon	11	Spaghetti Carbonara w/Bacon & Broccoli
Wed	13	Chicken Tenders & Potato Wedges
Fri	15	Baked Ham w/Honey Apple Glaze
WEEK 4		
Mon	18	Swiss Steak w/Tomato & Onions
Wed	20	Spinach Sausage Strata & Hashbrowns
Fri	22	Caprese Chicken Tortellini
WEEK 5		
Mon	25	Teriyaki Chicken w/Vegetable Fried Rice
Wed	27	Pulled Pork Slider on Tender Bun
Fri	29	Beef Stroganoff w/Mushrooms & Noodles

## 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.

## 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.

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.



## 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:

May 3

July 5

Sept. 6

### WEDNESDAY CLASSES • 1 PM:

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.*



## Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive device? Do you have some to donate?

The ISR Bayview Medical Equipment Lending Library is open for donations and pick-ups every Monday, Wednesday and Friday from 1 – 4 p.m. It is located at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room door entrance.

The Oak Harbor Medical Equipment Lending Library is open for donations and pick-ups every Monday, Tuesday and Thursday

from 1 – 4 p.m. It is located at Island Senior Resources (Oak Harbor), 917 E Whidbey Ave, Oak Harbor. We are in a modular home nestled next to the Center in Oak Harbor.

Donating equipment? Please make sure any donations are fully functional and clean.

Medical equipment can also be donated or borrowed at the Camano Center by calling 360-387-0222, 8 a.m. to 5 p.m. weekdays.



**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.**

### 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  
Nancy Bolin-Romanski  
Mike Etzell  
Chris Schacker

Executive Director: Michele Cato

## Aging Successfully

By Robin Bush ISR Community Education Specialist

Two of our community members, both 81, lead very different lives. Martha spends days remembering what life used to be like in years gone by, struggling with many physical ailments, and rarely leaving home or talking with anyone. She sits by the window, wondering, “What’s next?”. Patricia has just signed up for her first seated yoga class and shares tea on Zoom with a friend every afternoon to be sure they are both safe and well. She has just adopted a kitten whose antics keep her laughing, and each morning Petra paints cards that say, “I’m thinking of you” and donates them to Meals on Wheels. As a stroke survivor, no day is easy, but at the end of each day, she feels she’s contributed to others, lived a full day, and looks forward to tomorrow.

We each experience aging differently, but the course of our aging process is deeply connected to what we believe. If we believe aging is a process of diminishing, then our bodies are more likely to falter. On the other hand, if we believe aging is a time of deep connection, sharing, contribution, and purpose, that mindset can produce dramatic and positive effects on our health and well-being.

Even having the most positive attitude means we must still be prepared for, and expect, challenges and setbacks. The cycle of setbacks then growth is a pattern that repeats throughout the natural world as it does in our lives. However, how we heal from setbacks is related much more to our health and

well-being than to our biological age when a setback occurs. Healthy ecosystems manage challenges and recover more quickly than those stressed by drought, ravaged by storms, or imbalanced by human actions. Think of your body and mind as your ecosystem. If you exercise, eat and sleep well, find ways to reduce stress, build your friendships, and seek purpose, you will be much more resilient and better able to manage and recover when inevitable challenges occur. You will enjoy others and they will connect with you.

Some of us spend our later years mourning all we have lost, while others celebrate all that still remains possible. Finding ways to live what can be, rather than what can’t be, will positively impact our aging process. It’s not easy to stop negative thoughts, or change our less positive outlooks, but learning to recognize when they occur and saying to yourself, “That kind of thinking is not good for me,” and choosing to do something at that moment that gives you a more positive and purposeful feeling, is an excellent place to start. Doing it once or twice will not change your mindset, but do it every day, and it will become a pattern that transforms your life for the better.

Curiosity, purpose, staying connected, sharing beauty, and loving others may do more than almost anything else to keep us healthy. Our hearts and minds respond, our immune system strengthens, and we lose our fear of what’s to come. Where to begin? Start by saying yes whenever you can. Say yes to new things; say yes to those things that bring you closer to someone else; embrace today, for there isn’t a moment to waste. Embrace each beautiful human moment you have and love those around you. Do that, and you’ll know you are aging successfully.

### 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/>*



## 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





**ALL CDs \$1.00**

**ALL ALBUMS \$1.00**

**ALL DVDs \$3.50**

**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

**April Specials**  
25% OFF  
**BLUE TAGS**  
50% OFF  
**GREEN TAGS**  
**GREEN TAGGED CLOTHING \$1.00**  
4/29 & 4/30

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



# Whidbey Reads Explores Asian Culture

By Sno-Isle Libraries

This year’s 20th anniversary of Sno-Isle Libraries’ Whidbey Reads celebrates the Asian American experience with online events that culminate on April 27 in a conversation with Charles Yu, author of 2020 National Book Award winner, “Interior Chinatown.”

“It’s an amazing get,” said event organizer Marie Byars, an information assistant at the Oak Harbor Library.

Avid readers have gathered each spring since 2003 for Whidbey Reads events to celebrate a selected book title and participate in related events to explore the themes the title raises.

The pandemic means all Whidbey Reads events will be running online for the third year, but Byars sees a silver lining. “

The program is called ‘Whidbey Reads,’ but you don’t have to live on Whidbey Island to participate,” she said. “Since everything is online again this year, anyone and everyone can join in, no matter where they live.”

Whidbey Reads officially kicked off March 16 with a look at Bruce Lee’s continued influence on the 21st Century – A Bruce Lee Foundation discussion featuring his daughter, Shannon Lee. This event will be posted on Sno-Isle Libraries’ YouTube channel indefinitely.

At 3 p.m. on April 11, Wing Luke Museum staff will take you through the historically preserved spaces of their Seattle building, the East Kong Yick historic hotel. Built in 1910, the multi-use building housed commercial spaces below the Freeman Hotel and Chinese Family Association Halls on the upper floors. Immerse yourself in the building’s history, and legacy as you virtually walk through the Yick Fung Chinese Import store, hotel bedrooms, and the Gee How Oak Tin Association Hall that welcomed new immigrants to Seattle’s International District.

Novelist and screenwriter Charles Yu headlines Whidbey Reads on April 27 in a conversation with University of Washington professor Michelle Liu. Yu’s latest



novel, “Interior Chinatown,” speaks to the racial stereotypes endured by Asian Americans with unexpected humor and biting satire. “One of our Whidbey Reads team members said it’s the funniest book about racism they’ve ever read,” Byars said. The novel’s main character,

Willis Wu, dreams of expanding his bit-part background roles beyond the stereotypical “delivery guy” or “disgraced son” to a more prominent “Kung Fu guy,” yet he can’t see that even “Kung Fu guy” remains a stereotype that still falls short of his potential.

Yu also wrote the novel “How to Live Safely in a Science Fictional Universe,” a New York Times Notable Book and a Time magazine best book of the year. In addition, he received the National Book Foundation’s 5 Under 35 Award.

As a screenwriter, he was nominated for two Writers Guild of America Awards for his work on the HBO series “Westworld.” He has also written for shows on FX, AMC, and HBO.

The April 27 event will be recorded for later viewing on the Sno-Isle Libraries YouTube channel and will be available for 14 days.

Copies of “Interior Chinatown” may be purchased from The Book Rack and Wind & Tide Bookshop in Oak Harbor, or find a local independent bookshop near you on bookshop.org.

The National Book Award, established in 1950, is one of the most prestigious literary awards in the United States. Prior award winners include William Faulkner, Alice Walker, Philip Roth, and Adrienne Rich. “Interior Chinatown” topped 1,692 submissions.

Please register in advance for all Whidbey Reads events at [sno-isle.org/whidbeyreads](https://sno-isle.org/whidbeyreads).



## Incredible Eggs

Early spring reminds us of Easter, and EGGS! Eggs are nutrient rich and play an important role in a healthy dietary pattern across our lifespan. Eggs are delicious and versatile, and they contain high-quality protein or a complete protein which helps to build healthy muscles. As we age, protein is important to prevent muscle mass loss, repair muscle, and helps us to maintain a healthy weight.

Here are some more great benefits of the incredible egg!

- Easy to digest, taste great, and budget wise
- Eggs contain 6 or 7 grams of protein and 70 calories each
- Promotes satiety, reduces hunger
- Choline - Supports brain health
- B12 for older adults - red blood cell production, prevent anemia
- Natural source of vitamin D, supports heart health, boosts mood
- Lutein and zeaxanthin - help protect your eyes from harmful blue light and protect against macular degeneration
- Riboflavin - energy metabolism, healthy skin, eye health
- Selenium - antioxidant, boosts immune system

Enjoy incredible nutritious eggs and make them a part of your healthy diet plan!

## 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.



Paul and Heidi Kuzina, Owners



**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



GET BACK IN ACTION.

DEEP TISSUE LASERTHERAPY™

Laser therapy is clinically proven to reduce pain and restore mobility.

\*Ask about Double-blind studies and recent endorsements by the APTA & WHO

lightforce therapy lasers

CALL RUE & PRIMAVERA TO SCHEDULE AN 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](http://www.rueandprimavera.com)

## 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](http://www.regencywhidbey.com)

2020 Employer of the Year



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.**

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



**Freeland ACE Hardware**  
The helpful place.

**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)



**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.

**J. JOHNSON INSURANCE, LLC**  
**360-341-1848**  
[jjins@whidbey.com](mailto:jjins@whidbey.com)  
1635 Main Street #A7, Freeland, WA 98249


**We can help sort through options:**

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

**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 .....	<b>Eric Marshall</b>	<b>Volume 5 Issue 12</b>
Marketing Representative .....	<b>Noah Marshall</b>	
Graphic Design .....	<b>Teresa Besaw</b>	
Production Manager .....	<b>TJ Pierzchala</b>	
Circulation Manager.....	<b>Noah Marshall</b>	

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

**ADVENTURE** continued from page 1

We are celebrating ISR’s 50th Jubilee this year! As inspired as I am learning about ISR’s achievements and challenges to date, I am delighted to be leading ISR into its brightly envisioned future as we collectively emerge from the worst of the pandemic and adapt to the changing realities of our community and the people we serve. ISR’s mission remains the same to provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them. My aim is to bring my skills, experience, and passion to the table as we seek to expand ISR’s capacity to provide even

more high-quality, responsive services and increase our impact across Whidbey and Camano Islands.

I look forward to hearing from ISR’s various stakeholders over the next several months as I establish myself in the community and in service to our clients and program participants. Please feel free to reach out to me directly with any questions and concerns at [michele@islandseniorservices.org](mailto:michele@islandseniorservices.org) or by calling the office at 360-321-1600 or 360-678-3373.

*“Health is a state of complete mental, social, and physical well-being, not merely the absence of disease or infirmity.”*

– World Health Organization, 1948.

**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.

If you have a passion for helping others...

**Volunteer!**

**SHIBA needs you!**

Help your friends, neighbors and others navigate Medicare!





OFFICE of the  
**INSURANCE COMMISSIONER**  
**SHIBA** WASHINGTON STATE

**Come join our team!**

**Statewide Health Insurance Benefits Advisors (SHIBA)**

We’re a free, unbiased service of the Washington state Office of the Insurance Commissioner.

**Why get involved?**

- Passion for helping people on Whidbey Island
- Meet new friends
- Set your own hours
- Use your computer skills
- You’re bilingual
- No Medicare experience needed - we’ll train you

**We offer volunteer positions for all interests!**

- Clerical support
- Counseling
- Data entry
- Outreach
- Public speaking

**Call your local SHIBA office to get started!**

**Island Senior Resources**  
**360-321-1600, ext. 0**  
**360-678-3373, ext. 0**



*Guess Who?*

**I am an actress born in California April 6, 1976. I followed in the footsteps of my older brother and started acting as a child. I was on a popular show about a family in San Francisco being cared for by a dad, an uncle and a best friend.**

Answer: Candace Cameron Bure