

Island Times

Look for Island
Times the LAST
Thursday of
each month
JUNE 2022

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

Volume 6 • Issue 2

GO PURPLE

By Robin Bush ISR Communications

June is Alzheimer's and Brain Awareness Month, and we join in "going purple" to show support for research, support, and education for care-givers, patients, and the public worldwide.

Dementia is a broad term for a group of symptoms centered around difficulties with problem-solving, thinking skills, language, and memory. Changes in the brain cause various types of dementia, including Alzheimer's disease.

Many physical conditions can cause cognitive changes, so it is essential to see your doctor for a complete evaluation if you begin to notice changes. In addition, pay attention if you or a loved one show signs of memory loss that disrupts daily life, difficulty completing familiar tasks, confusion, problems with words in speaking or writing, withdrawal from work or social activities, or changes in mood or personality.

Medicare recently approved reimbursement to doctors, physician assistants, nurse practitioners, and others for a clinical visit that results in a care plan (CPT code 99483). These exams include an exam focused on cognition and an interview to obtain a medical history and understand current issues. If you have concerns, don't put them off; early diagnosis is essential. Most of us experience age-related memory decline, but if you are diagnosed with dementia, some medications can treat symptoms for a while, and early diagnosis provides the opportunity to plan for the future and connect to support services.

What's the difference between warning signs of dementia and typical age-related changes?

- Regular poor judgment and decision-making vs. making a wrong decision occasionally
- Inability to manage a budget vs. missing a monthly payment
- Losing track of the date or the season vs. forgetting which day it is and remembering later
- Difficulty conversing vs. sometimes forgetting a word
- Misplacing things and being unable to retrace steps to find them vs. losing things from time to time.

(Source: Alzheimer's Association)

Since your doctor can't observe how you or a loved one are dealing with day-to-day challenges, it helps to keep a notebook and record events that can be shared and discussed.

After a friend of mine was diagnosed with dementia, and plans were made for what she'd eventually need, the next question her adult children asked was, "Are there ways to avoid or delay dementia?" It is never too early to incorporate healthy habits to support brain health. Research shows that brain changes may begin as much as 20 years before symptoms start. The dementia prevention lifestyle plan includes getting

PURPLE continued on page 8



Age is No Barrier

By Liz Lange Senior Services Administrator, City of Oak Harbor

There's something about unlikely friendships that sparks immediate interest. It's a fascination that seems to be more or less universal. Scout and Boo, Sherlock Holmes and Dr. Watson, Hercule Poirot and Captain Hastings, or just think of the thousands of YouTube videos with unlikely animal friendships.

Maybe this is why I felt the desire to share this specific story of friendship, connection, and community.

Many of you may know Flo, she has spent many of her 90+ years of living here in Oak Harbor creating beauty. Maybe you have a piece of her beautiful and functional pottery, or have seen her lifelike drawings, or received some of her gardens bounteous blooms in the summer. Maybe you shared a lively game of ping pong with her in the afternoon at The Center. She is a woman of great talent and skill who is open to sharing it with all in her community.

Which is why upon reading Hannah's Facebook post in a local community group inquiring about obtaining pottery making equipment I knew I needed to connect the two paths. Having known both Flo and Hannah for a handful of years I felt I needed to take a few moments and create the opportunity for them to meet.

Hannah, who arrived earthside six decades after Flo, is a lover and respecter of the earth and all its goodness. Like Flo, she spends her time continually learning, experiencing, and creating. She showed up on the Whidbey Island scene about four years ago for a job with Island County and with no friends or family connections in the community.

"When I first moved here people from Seattle would say things like 'you're going to be out of there soon, no young people stay there. You won't find people to date or be friends with'" Hannah shared. She followed her instincts and came anyway. It was true, at first it was hard to connect with people outside of her job. Though, sure enough, she started building community and making connections. Along the way she met and started dating Jaime, and now has a best friend in Flo.

Prior to meeting Flo, Hannah accepted a new job working remotely from her home on island, and again found the impact of isolation creeping in. "Connecting with Flo regularly brought me out of the funk I was in." Hannah remembered.

"We originally met up for a pottery arrangement and it turned out com-

FRIENDS continued on page 3



Flo & Hannah
outside The Center
in Oak Harbor

DID YOU KNOW?

6.5 million Americans are living with Alzheimer's disease. By 2050, this number is projected to rise to nearly 13 million. (Source: Alzheimer's Association).



Island Senior Resources has a free support group on Zoom for individuals who are caring for someone who has Alzheimer's or other dementias. For more information, see page 7 or call 360-321-1600 or 360-678-3373.

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**

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
- 1 Textile Group
- 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
- 2 Tech Workshop

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
Christina Benjamin
360-279-4582
Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

Member Spotlight: Front Desk Volunteer Mary Jo Morrison

By Christina Benjamin
Program Assistant at The Center in Oak Harbor

Come to The Center in Oak Harbor on a Thursday morning and you will be greeted warmly by Mary Jo Morrison, one of our amazing front desk volunteers. Mary Jo has been at The Center volunteering for almost 30 years. She was looking for something to do with her time, so started volunteering at The

Center and it has kept her busy ever since. In fact, Mary Jo, her mom Florine Edwards, and her aunt Mary Maylor were some of the first people to be involved at The Center (known at the time as The Oak Harbor Senior Center). They hosted weekly pancake breakfasts on Sundays to raise money for the senior center.

A true Whidbey Islander, Mary Jo and many of her siblings, were born in Coupeville and has lived most her life on the island. Her mom's family is from California and came up here when her mom was 12 years old, when her grandpa was looking for work. Mary Jo's dad was from Texas and met Mary Jo's mom while he was a soldier at Ft. Casey.

Mary Jo is married to Arthur, and has two children, Kenny and Jennifer. Both her children were born in Mount Vernon because there was not a hospital on the island. She has three grandchildren: Morgan, Ally, and Joe, and one great grandchild, Charles.

Growing up Mary Jo spent a lot of time with her family, they loved going to the beach together and water skiing. Mary



Mary Jo (right) and her mother, Florine, July 24, 1987 on their England Trip

Jo had a variety of jobs on the island including picking strawberries at Bell's Farm, planting bulbs at Engle's Farm, and working in the office at Oak Harbor High School. After she finished business college in Mount Vernon, she started working at the local Everett Trust and Savings bank.

When Mary Jo isn't here at The Center, she loves to spend time with her family. She was excited for her kids that they were able to know their grandparents. Mary Jo also loves embroidering, cross-stitching and sewing. She used her sewing skills to make outfits for her granddaughters when they were young.



"Mary Jo celebrating with her husband Art on his birthday at The Center's Picnic in the Park"



Whidbey Island Genealogical Searchers presents

Cary Bright ~ "How DNA Results can be helpful to your Family History Research"

DNA is passed down from our ancestors to their descendants in a pattern that can help prove and disprove an expected biological relationship. Learn which DNA test will offer evidence for solving a brick wall or adding more bricks!

Tuesday, June 21, 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

ISLAND HERB

Phone and online ordering available through Leafly

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.

FRIENDS continued from page 1

pletely different. We meet up every Friday and see what we are feeling that day.” Hannah explained. Sometimes the pair will tour Flo’s garden and note all the changes and plants. “It’s nice to be with someone sharing a similarity with wanting to be a mindful observer of our world. We connect on that level. We will walk her garden and note how a leaf has grown in a week, or a plant has been nibbled by a deer. It’s fun to share space with her and connect with the world in a similar way. I recently got into watercolors, and I bring my supplies and she gives me tips and tricks.” While the two are artists in their own rights and styles Hannah loves the mentorship of Flo “we have different painting styles, yet she recognizes what creative outlets look like for me and what I need. She is an amazing resource and has a depth of understanding, yet she leaves space for me to understand what kind of artist I want to be.”

The feeling is mutual. When Flo talked about her friendship with Hannah she said “That’s the kind of person I want to know. Open, honest, and follows through. We have a ball. She has enriched my life. After my stroke it felt like my art was damaged. Time with her restores my brains pathways. She is my restorer. I enjoy her so much.”

Even with her depth of life experience, Flo admits that Hannah brings with her opportunities for growth in her own life. “Finding a friend you share commonalities with and someone you feel challenged to try new things and experiences with is special.” Said Flo.

Both Hannah and Flo consider themselves frugal and enjoy bargain shopping. Flo has experienced living through what we now call history, including The Great Depression. Hannah shared “As I grow as a person and learn how I can make an impact now, Flo has so much knowledge on how the world has changed and has such an optimistic outlook. She rekindles my faith in humanity and how good people can be, and the changes for good a single person can make. I have no doubt she has changed so many lives being this bright shiny optimistic person who knows how hard life can be, too. She is strong as hell.”

While these women share many similarities in the way they value life and the earth we live on, they also have very different backgrounds and insights when it comes to politics and religion, however, they enjoy talking about how they see the world and having philosophical conversations. Hannah loves that they can freely share their thoughts and experiences with each other saying

“In our friendship Flo has celebrated the freedom to express herself freely and openly.”

What a gift we all wish for. The ability to surround ourselves with people we can truly be ourselves with.

While Flo has a very traditional background when it comes to gender roles, Hannah said she also has a “fiery feminist within her.” Hannah, with a chuckle, explained with this example; “We have great conversations about feminism and then Flo will say something like ‘well, time for you to get home to Jaime to make him dinner.’”

“I am very progressive and have strong political views. I have a nose ring. She’s never said anything about it.” Said Hannah, highlighting how they have embraced each other in all their differences.

In the senior services world, we have a very clinical sounding term for these wonderful cross overs of generations. We call it intergenerational. Hannah & Flo call it friendship.

“We are legitimate, real, heartfelt friends. She introduced me to her neighbor as her best friend.” Said Hannah with a smile in her voice. “I see her more than any of my other friends. I never miss a date with Flo.”


On further thought, this really isn’t an unlikely friendship. The two of them were very likely to be friends with their shared love and joy of art, creating, learning and caring for the earth. The unlikely part was not the friendship at all, the unlikely part was the two of them, walking parallel paths, finding a crossroad on which to meet. In our world of generational separation, labels, and silos, this was an opportunity to connect and create an intersection without regard for current social norms. Each one great and amazing women in their own spheres of life, when Flo and Hannah come together, it creates something magical.

“There is something inherently hopeful in unlikely friendships, I think. It speaks to our ability to surprise and connect – and how, in all the ways that matter, we are not really that different.” - Emily Spurr, author of A Million Things.



Flo and her husband Dan enjoy dinner with Hannah and her partner Jaime on a double date

The Center in
Oak Harbor
will be closed
Monday, June
20 in observance of Juneteenth.

JUNETEENTH
FREEDOM DAY

FARE FREE CONVENIENT FRIENDLY SAFE

Island Transit

Connecting you to what matters most



Shopping, visiting family and friends, medical appointments, or exploring the island - we can get you there!

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

(360) 678-7771

Check our Website
www.IslandTransit.org

Yes! Language assistance available.


www.IslandTransit.org
(360) 678-7771

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

Thrive
communityfitness™



Silver&Fit. Renew Active
by UnitedHealthcare Active&Fit.

MEMBERSHIP OPTIONS

- Select24: Covered by Health Insurance Fitness Programs
- SeniorChoice: Staffed Hours + Group Fitness classes for \$25+tax
Contact David Nichols at 360-675-2600

PERSONAL TRAINING

- Free Fitness Evaluation and Orientation
- Senior Fitness Specialists
Contact Fitness Director Jonathan Molina at
JonathanMolina@thrivecf.com

GROUP FITNESS

- Fit Foundations: strength training and balance for older adults
- Dance: Zumba and MixxedFit
- Gentle Yoga

Scan here for free 6-day pass



360-675-2600 • thrivecommunityfitness.com
32650 Hwy 20 • Building D • Oak Harbor

CLASSES and EVENTS

at The Center In Oak Harbor

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

CLASSES AND PROGRAMS

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!

NEW! Textile Group Wednesdays | 1 PM

Calling all embroiderists, stitchers, rug hookers, doll makers, textile collage artists, junk journalists, macrame, slow stitch, needle felters, and mixed media artists to bring their projects and work on them in a group setting.

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, 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.



Saturday, June 4
8 AM – 2 PM
The Center in Oak Harbor
51 SE Jerome St., Oak Harbor

Come shop indoors! With over 20 vendors there will be lots to browse from!

TRAVEL LOG

MYSTERY LUNCH

Tuesday, 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 no-host lunch amongst friends.

SOLD OUT! BLOEDEL RESERVE & LUNCH IN POULSBO

Thursday, June 16 | 8:30 AM – 6:30 PM
\$65 Members • \$78 All others

The Bloedel Reserve is a 150-acre garden and forest reserve located on Bainbridge Island that features 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 1 mile long on paved trails.

This trip is sold out, to join the wait-list please call The Center.

SOLD OUT! "HAMILTON" AT THE PARAMOUNT THEATER

Saturday, Aug. 27 | 9:30 AM – 6:30 PM
\$220 Members • \$265 All others

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.

This trip is sold out, to join the wait-list please call The Center.



I play.
I cherish.
I treat.

Summer Hill understands home is where your four-legged friend lives.

We invite you and your fur baby to experience our platinum lifestyle and see how rich life's moments can be in a place that truly celebrates every one.

Call Karen to schedule a tour at 360-679-1400, ext. 211



ASSISTED LIVING | RESPITE CARE
165 SW 6th Ave., Oak Harbor, WA 98277
summerhillsenior.com

MANAGED BY The Goodman Group



The Center's programs, classes, trips, events, and membership are available for online sign ups! Scan the QR code using your smart device to view our online catalog.

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

FREE CONSULTATION FOR LASER THERAPY WITH THE FIRST 3 PEOPLE WHO CALL!

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

Combine & Save.

Home + Car + Boat

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.



MEALS ON WHEELS
AMERICA 2021 MEMBER

JUNE

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

WEEK 1		
Wed	1	Beef Gyro w/Tomato & Feta
Fri	3	Chicken Caesar Salad
WEEK 2		
Mon	6	Jersey Pork Slider
Wed	8	Spaghetti w/Ground Beef
Fri	10	Curry Chicken Salad
WEEK 3		
Mon	13	BLT Club Sandwich
Wed	15	Crispy Chicken Tenders & Tots
Fri	17	Chicken Ramen Salad
WEEK 4		
Mon	20	Cheeseburger Pie Bake
Wed	22	Loaded Baked Potato w/Bacon, Cheese
Fri	24	Spinach Salad w/Egg and Red Onion
WEEK 5		
Mon	27	Italian Baked Pork Chop
Wed	29	Meatlover Pizza w/Veggies

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.
July 20 Sept. 21

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.

Getting Ready For Medicare!

Going on Medicare? Want to know more?

Attend a free online “Getting Ready for Medicare” seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Questions answered following the event.



Seminar covers:

- “Basic” Medicare benefits, options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Financial assistance for qualifying low-income individuals
- Prescription drug plans

ALL SESSIONS ARE AT 1PM (Pre-registration required).

July 5 | August 3 | September 6

To register go to the calendar and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.

For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email reception@islandseniorservices.org.

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

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

Planning ahead is simple.
The benefits are immense.

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

WS

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

Hearing Health Services

WHIDBEY’S PREMIER AUDIOLOGY CLINIC

The care you need and quality you deserve.



Dr. Kristine Jarrell

Hearing Health Services offers a full range of audiological services including prevention, clinical diagnosis, tailored treatment options and compassionate aftercare.

Contact us for a consultation and hearing assessment.



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

Thank you for reading *Island Times*. Please support our advertisers.
Please recycle this publication when you are finished reading it.

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

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

FROM THE EXECUTIVE DIRECTOR

Thinking Ahead – Advance Healthcare Directives

By Michele Cato, Executive Director, Island Senior Resources

I raised my daughter in Arlington, Va. As a single parent of a young child, I ensured I had my ‘affairs in order’ should anything ever happen to me. This was particularly important as I traveled to unsafe places around the world as part of my job (although nowhere is more dangerous than driving on a free-way in the U.S.!). One of the most important documents I maintained was an advance healthcare directive.

An advance healthcare directive is a set of instructions that outlines your health care wishes. These instructions are vital if you cannot communicate your own needs, desires, and plans in times of a health crisis.

My daughter has since grown into a bright, compassionate adult whom I trust would make thoughtful and well-informed

decisions about my healthcare if I cannot do so myself. But what an unfair burden to place on a loved one during what will be a highly emotional and stressful time. It is my responsibility to plan ahead to the degree I can.

When my daughter was young, my directive said I wanted to be kept alive regardless of the number of functioning limbs or senses I might have AS LONG AS I could communicate somehow with my daughter. Fifteen years later, her needs and my wishes have changed, and my quality of life and independence are paramount as I age.

As June is Alzheimer’s and Brain Awareness Month, I am reminded I need to update my directive to reflect my recent move to Washington (different states often have different requirements). I need to spend time thinking about and recording what my plans are if I should develop dementia (as my grandma did) or other brain dysfunction. I look forward to the peace of mind that comes with planning BEFORE a crisis hits. Do it for your love of self and family.

Get Your Brio Going

By Robin Bush, ISR Communications

Brio, defined as “enthusiastic vigor,” may be one factor in making your tomorrow just a little bit brighter and you a bit less fragile. So how do you find your Brio? You make it for yourself – by lifting weights. “Oh No,” you say, “I can’t do that,” or “I can’t get to a gym,” or “That’s for young people,” or a host of other reasons not to. Almost anyone can lift a little weight and gain strength that builds vigor and bone strength at home for free.

You don’t need to buy weights; you can start with just your body weight. Then move to using everyday household items to lift with your arms or place on your legs or belly to increase resistance. One of the best is a gallon bottle. Filled with water, it weighs

8.35 pounds, but you can start slowly by adding a cup or two of water and adding more liquid as you gain strength. Slow, steady, daily lifting is key to building the strength that will make it possible for you to do many things you dream of doing.

Before beginning new exercises, consult with your doctor for guidance on what’s best for you. Then consider getting some basic coaching. There are many online fitness classes, but be sure to pick one for seniors with an instructor who understands that older bodies need to stretch and move slowly to avoid injury. You may wish to try the classes for older adult fitness at Seniorplanet.org. Just click on “View all classes” to see all the choices. Or, if you prefer in person learning, for a fee, you can get some train-



ing guidance from one of the many local fitness studios specializing in yoga, tai-chi, or weight training.

Age is not a factor, and everyone has some limitations on what they can do, but work with what you’ve got. It’s never too late to start a program to increase mobility, strength, and power. Get your Brio going!



Senior Thrift

benefitting
Island Senior Resources

5518 Woodard Ave,
Freeland, WA 98249

360-321-1600 • 360-678-3373

HOURS

Wednesday-Saturday
10 a.m.-4 p.m.

Donations accepted
until 3 p.m. or
capacity is reached.



Work of Art Wednesdays

25% OFF ONE PIECE OF ART

Treasure Hunt Thursdays

25% OFF ANY ONE ITEM

Fantastic Fridays

25% OFF ALL BOOKS

Silly Saturdays

25% OFF ONE TOY

Every Day

ALBUMS & CDs 2 FOR \$1.00 ALL DVDs \$3.50

SENIORS (55+),
TEACHERS, &
MILITARY RECEIVE
10% OFF
EVERYTHING,
EVERY DAY!

June Specials

25% OFF YELLOW TAGS	50% OFF PINK TAGS
PINK TAGGED CLOTHING \$1.00	
6/29 & 6/30	



Dear Trudy Technology

Do you have technology questions? Our tech expert Trudy is on vacation until sometime next fall, but great tech questions are asked and answered by and for seniors at SeniorPlanet.org. Click on Technology Archives and see their “Ask the Techspert” postings. All are archived, so you can read them over and over, or call them for assistance, 888-713-3495, Mon-Fri.

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.



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

**Fridays except public holidays,
2 – 3 p.m.**

Designed to engage participants with discussions, group puzzles, and games in a supportive environment. Great for those who are isolated, have developmental disabilities, or cognitive challenges who enjoy being with people and making friends.

PARKINSON’S SUPPORT GROUP

**Tuesdays except public holidays,
10 – 11 a.m.**

For people living with Parkinson’s and their caregivers to share experiences,

Our professionally facilitated, free Support Groups meet via Zoom. Call 360-321-1600, 360-678-3373, email reception@islandseniorresources.org for information on attending or visit our website www.senior-resources.org/support-groups/.

Friendly connections are made that help with this challenging condition.

ALZHEIMER’S AND DEMENTIA CAREGIVERS SUPPORT GROUP

**Wednesdays except public
holidays, 10 – 11 a.m.**

For people caring for someone with Alzheimer’s or other dementias to share experiences, knowledge, and support. Friendly connections are made that help those caring for someone with this challenging condition.

2022 Senior Farmer’s Market Produce Vouchers Are Here!

The Senior Farmer’s Market Nutrition Program is a “win-win” program that benefits low-income seniors and local farmers! Local farmers sell more produce, and seniors who otherwise could not afford it can purchase organic, fresh fruits and vegetables as excellent supplementation to a healthy diet.

A list of participating authorized farmer’s markets and farm stores will be posted when available, and a list will be included with the mailings of vouchers.

Eligible low-income seniors will receive \$40 worth of vouchers to purchase fresh fruits and vegetables at authorized farmer’s markets.

Who Is Eligible? Need to meet all three criteria:

1. Island County resident
2. Age: 60+ for non-Native Americans, 55+ for Native Americans
3. Income:
 - Up to \$2,823/mo. for two people
 - For larger households, add \$728 per person

How Do I Apply?

Call 360-321-1600 ext. “0” to provide your required information, including your mailing address. Vouchers and funds are limited, so please call soon.

We will be mailing out the vouchers or letters to you once we have all the necessary information. Vouchers are good through October, depending on the Farmers Market seasonal time frame.

LOOK FOR THIS SIGN



Medical Equipment Lending Libraries

Island Senior Resources has free medical equipment lending libraries in Bayview, Oak Harbor and Camano, for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/personal care items. Call 360-321-16000 or 360-678-3373 for details.

You can help to prevent Medicare fraud!

WA State Office of the Insurance Commissioner

Fraud costs Medicare an estimated \$60 billion each year and ultimately raises the cost of healthcare for everyone. The Senior Medicare Patrol (SMP) is bringing awareness to this issue during National Medicare Fraud Prevention Week, June 5–12.

SMPs around the country empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services, U.S. Administration for Community Living.

As a Medicare beneficiary, you can do your part to protect yourself by following these fraud tips:

- Make sure you buy from a licensed agent. To see if they’re licensed in Washington state go to www.insurance.wa.gov.
- Never give out your personal information such as your Social Security, bank account or credit-card numbers over the phone unless you’ve initiated the contact.
- Keep your receipts and bills and compare them to your Medicare Summary Notice to be sure you received all the services, supplies, or equipment listed.
- Don’t share your Medicare number with anyone who contacts you by phone, email or in person - unless you’ve given them advanced permission. Medicare will never contact you for your Medicare number or other personal information.
- Be careful of any salesperson who says he or she is from Medicare. Medicare does not send salespeople to solicit your business.

Medicare fraud can also lead to cases of Medical Identity Theft! So let’s do all that we can to protect the federal budget and our healthcare records.

The Statewide Health Insurance Benefits Advisors (SHIBA) program is Washington State’s SMP project. Island County SHIBA services are offered through Island Senior Resources and are a free unbiased service of the Washington state Office of the Insurance Commissioner. If you suspect Medicare fraud or abuse or have any Medicare related questions, call Island Senior Resources’ SHIBA volunteers at 360-321-1600 or 360-678-3373, or visit www.insurance.wa.gov/medicare.



Whidbey Island Fair
819 Camano Ave, Langley
whidbeyislandfair.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

2020 Employer of the Year

FREE PICK UP - DELIVERY AVAILABLE





Habitat
for Humanity
of Island County

Two Locations
To Serve You

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.



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.

PURPLE continued from page 1

adequate rest, stopping smoking, eating a heart-healthy diet, reducing alcohol consumption, preventing brain injuries with safety measures like wearing seat-belts and wearing a helmet in sports, maintaining regular social contact, challenging your mind with learning new things like starting a new hobby or taking a class, and getting regular cardiovascular exercise.

Recently I read an interview with a high school friend of mine, Peter Gallagher, who has become a well-known Hollywood actor. His mother had Alzheimer's for nearly 20 years, gradually descending from memory lapses to oblivion and inability to recognize friends and family. Like most families, watching his mother decline was overwhelming, yet he speaks to the beauty of small moments when caring for someone with

Alzheimer's. "Alzheimer's is a harrowing journey, but there are moments of grace and poetry where for a moment, the person you love makes themselves visible." "Even though my mother lived a long time with it, the disease progressed quickly. All of a sudden, she was a little out of reach, and then it just kept going. But even at the end, there were moments of grace. If I sang her a song or we danced a bit, she would say, "Now that was real!" I don't think she recognized us, but she recognized feelings. If she felt love, her face would show it." Thank you, Peter, for reminding us to cherish the good moments we have with others, whatever our path may be.

Note: A wide range of downloadable resources and topical articles for patients and caregivers are available by going to www.alz.org and searching “publications.”

ISR Needs You!

We have multiple Open Staff Positions and we need Volunteer Drivers for Medical Transportation and Meals on Wheels (mileage reimbursed). Please call 360-321-1600 or 360-678-3373 to learn more.

Opening the Door to Online

By Robin Bush ISR Communications

Many of us are finding navigating everyday living is increasingly dependent on our ability to use the internet. What if you have never learned much about computers and trying the internet feels overwhelming?

Closing the digital literacy gap is life-changing. It assures connection to doctors, family, and friends and access to essential services, support groups, and learning and engagement opportunities. Social technologies like video calls are no longer a matter of convenience. Being connected is critical to your health, happiness, and well-being.

But let's face it. Jumping into the big world of technology can be S-C-A-R-Y.

Do you have a computer or smartphone your adult children bought for you, but you are confused about how to use it and are embarrassed to ask them to explain it again? Or were you motivated to get online to feel less isolated during COVID and bought a computer, tablet, or phone to have Zoom chats with grandchildren but never took it out of the box? You are not alone. AARP found that older adults boosted technology purchases during the pandemic, but 54 percent said they needed a better grasp of the devices they'd purchased, and 37 percent said they were not confident using the technology. Humana did a national survey, and 46 percent of adults ages 65 and older have never used videoconferencing technology like Zoom. "Nearly 22 million older Americans ages 65+ lack wireless broadband access at home," says Amanda Gimble, Dir. of Aging Connected, part of Older Adults Technology Services.

It's OK. You can open the door and walk through with some help. There are places that provide training for seniors to improve skills, on their own time, at their own pace, alongside other seniors who are also dipping their toes into the internet world. But first, if you haven't done it yet, you have to take your computer or tablet or phone out of the box and decide, "I can do this! I am going to turn what is scary into something F-U-N. It will be FUN to see my friends on Zoom and watch my grandchildren growing up. It will be FUN to learn to order groceries online so I don't have to navigate the bus. It will be FUN to take a yoga class or support my brain health by learning another language."

Next, you'll need to set up internet service with an Internet Service provider (ISP). Don't let this step deter you. The best ISP for you could be your local phone company, a regional provider, or a national provider. Reach out to a friend or neighbor who has internet service to find out what they do and ask them to help you get it set up. Low-income individuals may qualify for discounts through the Federal Affordable Connectivity Program (call 877-384-2575) or Internet Essentials (call 1-800-234-9473). Some providers also do not charge for internet service installation.

Once you are connected, it's time for classes. The doors to a whole new world are about to swing wide. (Classes can help even those already reasonably familiar with their devices). Here are some excellent resources:

For a wide range of technology classes: Senior Planet (www.seniorplanet.org) offers free courses specifically for older adults to learn to harness the power of technology to help them in their daily lives. Get Set Up, an online community for older adults, also offers technology classes (www.GetSetUp.io).

For smartphone/tablet training: Generations On-Line (www.generationsonline.org/apps) is an online curriculum for smartphones and tablets with instructions about the Web, email, "Apps," how to find videos and podcasts, taking and viewing photos, and more. The instructions are clear, simple, and easy to read.

You've got this. There have been all kinds of things you have learned in your life, and even though this is different from other skills you have mastered, it is just one more, and you know from a life of learning how much richer life becomes with new knowledge.