



I never would have thought an article that highlighted gratitude in conjunction with social isolation would have ever made sense let alone opened my eyes to a greater understanding of why I chose a career in serving older adults.

**SHIFTING** continued on page 8

*Folding, stapling and laminating also available.*



# 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  
10 Walking Club (Meets at Flintstone Park)  
11 Mexican Train  
11:30 Lunch  
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

## THURSDAY

8:30 Yoga  
9 Billiards  
10 Walking Club (Meets at Flintstone Park)  
10 Wii Bowling  
10 Wire Wrap  
11:30 Lunch  
11:45 Live Music (1st Thursday)  
12 Canasta  
2 Tech Workshop

## FRIDAY

8:45 EnhanceFitness  
9 Billiards  
9 Quilting  
10 EnhanceFitness (Low Impact)  
12 Pinochle  
1 Line Dance  
7 Social Dance (2nd Friday)

## Member Spotlight: Front Desk Volunteer Linda Osier

By Christina Benjamin  
Program Assistant, City of Oak Harbor Senior Services

Linda was born and raised in the small town of Harbor Beach, Michigan. A town much like that of Oak Harbor. In fact, while visiting Linda here on Whidbey a cousin said it was just like the small town

they grew up in. Linda lived in six different states before moving to Whidbey. Linda has two daughters and four grandchildren.

In 1984 Linda and her family were transferred to Naval Air Station Whidbey. Her daughters both graduated from Oak Harbor High School in 1989 and 1992. Linda worked at Whidbey Island Bank for 25 years and retired in 2009. When Linda retired, Mary Jo Morris, also a front desk volunteer here at The Center, asked Linda to come fill in at The Center while someone was out. She came to volunteer and liked it and has been here ever since. You will find both Mary Jo and Linda on Thursday mornings volunteering at the front desk at The Center in Oak Harbor.

Linda continues to volunteer at The Center for over a decade because of the people; the members and staff. She also enjoys the socialization including the



Linda and Mary Jo enjoying a lunch for volunteer appreciation week in 2018

talking and learning to keep her brain going and seeing people she hasn't seen in a long time. When Linda isn't busy enjoying trips or volunteering with The Center you can find her gardening, but

not the usual weed pulling. She likes to look at something and design how it will be or look. She also enjoys playing cards, art, playing electronic games, walking and spending time with friends.

## 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



Linda and Mary Jo still volunteering together at The Center July 2022

YOU ARE INVITED TO THE FIRST ANNUAL  
**MEMBER PICNIC**  
FRIED CHICKEN, WATERMELON, BEVERAGES & PAPERGOODS ARE PROVIDED. BRING A SIDE OR DESSERT TO SHARE.  
Friday, August 5th | 12:00 PM  
Windjammer Park West Kitchen Pavilion  
REGISTER ONLINE, BY PHONE, OR AT THE CENTER BEFORE MONDAY, AUGUST 1ST.  
ONE FREE REGISTRATION PER MEMBER. GUESTS CAN BE REGISTERED FOR \$15.

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# CLASSES and EVENTS

## at The Center In Oak Harbor

### CLASSES AND PROGRAMS

#### NEW! Canasta

##### Thursdays, Noon

Come play Canasta with us Thursdays at noon. Don't know how to play? No problem, we will teach you.

#### Additional Walking Club

(for those who walk at a slower pace)

##### Tuesdays, 10 a.m.

The Walking Club will meet at Flintstone Park Tuesdays at 10 a.m. and walk for about two miles at about a 30-minute mile pace. The current Walking Club held Thursdays at 10 a.m. will continue as is and they walk for about four miles at 20-25 minute pace.

#### 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!

#### Beginning Quilt Class

##### Mondays, 9-11am

##### Sept. 12 – Oct. 10

\$25 Center members, \$50 all others (includes day use fee)

If you've ever wanted to learn how to piece a quilt together, this is your chance. Experienced quilter, Jacee Stadler gives you all the instruction and guidance you need to start your own quilt. Those joining the class will be responsible for bringing their own supplies. Suggested supplies include: sewing machine, extension cord, thread, scissors, rotary cutter with 45mm blade, straight pins, seam ripper, and material (1/2 yard dark x2, 1/2 yard medium x3, 1/2 yard light x2). If you don't have a sewing machine, we have a few to lend. Pre-registration required.

#### Ballroom Dance – Swing

##### Thursdays, 3-4:30pm | Sept. 1-29

\$25 Center members, \$50 all others (includes day use fee)

This 5-week course focuses on the basic steps of Swing, instructed by Duncan Chalfant. No partner required.

#### History Class – Korea

##### Thursdays, 1-3pm | Sept. 15-Dec. 1 (No class Nov. 24)

\$40 Center members, \$90 all others

Instructor Debbie Wallin will guide you through the history of Korea.

### 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.

### DINO PROGRAMS

In partnership with BBBSIC we are offering the following intergenerational program. The Dabble in New Opportunities (DINO) programs are intended to provide youth with opportunities they wouldn't otherwise have, including mentorship. The goal is to have 1:1 youth to adult participation for each program. Each adult who registers will be paired with a youth participant for the duration of the program. The listed adult rates are subsidized by the DINO program to encourage adult participation. The DINO program is available to all youth in Island County at no cost. Adult sign up is through The Center.

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

#### Clogging

##### Mondays, Aug. 1-29 | 3-4pm

Free (Registration required)

A fun and lively type of dance in which the dancer's footwear is used by striking the heel, the toe, or both, against a floor or each other to create audible rhythms. Wear hard sole shoes and optionally bring a pair of tennis shoes to permanently apply jingle taps to.

### EVENTS



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.

#### Resource Fair

Resources and Information for the 50+ Community

##### Wednesday, Sept. 21 | 10am–2pm

Free & Everyone Welcome

Come chat with representatives from companies and non-profits at the informational booths to learn about available local resources to aid you in aging well in Oak Harbor. Vendors typically include vision, hearing, dental, living facilities, medical alert, hospice, caregivers, transportation, state and local assistive programs, financial institutions and more.

10am – 2pm:

Vendor Information Booths

10:30am – Noon:

Essential Life Planning Presentation

Noon – 1pm:

Complimentary Lunch Served

12:30 – 2pm:

Essential Life Planning Presentation

The Essential Life Planning presentation will include a panel of professionals from Northwest Judice Project, Whatcom Legal Services, Department of Social & Health Services, Island Senior Resources & SHIBA (Medicare advisors).

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TRAVEL LOG

**MYSTERY LUNCH**  
**Aug. 24 | Sept. 20**  
**11 AM – 3 PM**  
\$30 Members • \$35 Non-members

You may go somewhere new or somewhere you have already been before, but the best part about it is it's a mystery!  
Note: Price includes transportation only.

**BRITISH PANTRY & TRADER JOE'S**  
**Thursday, Aug. 4 | 10 AM – 5 PM**  
\$70 Members • \$85 Non-members

Let's shop at the British Pantry, an English inspired store, bakery, gift shop, and café! We will have a no-host lunch in the café which features delicious fish & chips, ploughman's, shepherd's pie, sausage rolls, and pasties. After lunch there will be time to shop at Trader Joe's and Ben Franklin.



**SEATTLE AQUARIUM AND PIKE PLACE MARKET**  
**Wednesday, Aug. 10 | 9 AM - 6 PM**  
\$105 Members • \$130 Non-members

Located on Pier 59 in Seattle, the Seattle Aquarium offers a glimpse under the

sea and hands on marine experiences. Located walking distance from Pike Place Market, you will have the option to shop the market or even grab a bite to eat at many of the delicious restaurants nearby.

**FRIDAY HARBOR**  
**Monday, Aug. 22 | 10 AM – 8:30 PM**  
\$90 Members • \$110 Non-members

We will start the day off with a ferry ride out to the beautiful San Juan Island. While on the island we will start with a no-host lunch stop in Roche Harbor, followed by a stop at the Lime Kiln Lighthouse, and then a stop at the Pelindaba Lavender Farm. Before getting back on the ferry there will be time to shop the streets of Friday Harbor.



**MOUNT BAKER**  
**Tuesday, Aug. 30 | 8 AM – 6 PM**  
\$85 Members • \$105 Non-members

Trek with us along the banks of the Nooksack River, through small logging communities, past waterfalls, and alongside old-growth forest groves, to the base of Mount Baker. There will be the option to walk around and explore or sit and take in the gorgeous views. On the return home we will stop in the Bellingham Fairhaven district for an early no-host dinner, then we will finish our scenic trek with a return home along the historic Chuckanut Drive.

**HAMILTON AT THE PARAMOUNT THEATER**  
**Saturday, Sept. 3 | 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.

**WOODLAND PARK ZOO**  
**Wednesday, Sept. 7**  
**9:30 AM – 6:30 PM**  
\$100 Members • \$120 Non-members

Explore the lush setting and see animals from around the globe in their various habitats. With nearly 900 animals and a 92-acre green oasis in the heart of the Pacific Northwest, Woodland Park Zoo provides exemplary care for endangered wildlife as well as native trees, rare tropical plants, and an exceptional rose garden.

**CASCADE LOOP**  
**Sept. 15, 9 AM – Sept. 16, 7 PM**  
Members: \$500 double pp, \$625 single pp  
Please inquire for non-member rates

Back by popular demand, the fun-filled Cascade Loop trip! The first day will include Stevens Pass Greenway and a stop at Deception Falls, a no-host lunch stop in Leavenworth, and overnight in Chelan at the beautiful Campbell's Resort right on the waterfront and walking distance to downtown. Then we will start the journey towards home through the North Cascades with a stop in Winthrop

and other scenic areas along the way. Price includes transportation and hotel stay.

**MARINERS GAME**  
**Wednesday, Sept. 14 | 9:30 AM – 7 PM**  
\$135 Members • \$160 Non-members

This is your chance to see the action in-person! Come cheer on the Mariners with us as they play the San Diego Padres. Price includes transportation, Terrace Club ticket, and buffet lunch.

**PORT ANGELES DUNGENESS CRAB & SEAFOOD FESTIVAL**  
**Friday, Oct. 7 | 9 AM – 6:30 PM**  
\$105 Members, \$130 Non-members

This abundant seafood festival located on the waterfront in Port Angeles is one you don't want to miss! The festival offers arts & craft vendors, live music, a street fair, cooking derby, entertainment, and lots of seafood! Price includes transportation, ferry, & crab dinner at the festival.

**EXTENDED TRAVEL WITH collette**  
**TROPICAL COSTA RICA**  
**March 25 – April 2, 2023**  
Per Person Rates:  
Double \$2,929 • Single \$3,429

**Special travel presentation at The Center**  
**Sept. 7 at 2 p.m. (Sign up at the presentation and receive \$100 off per person)**

Highlights include San Jose, coffee plantation, Monteverde Cloud Forest, Arenal volcano, Lake Arenal cruise, Cano Negro refuge, and Zarcero. Price includes land and air transportation and 14 meals.

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

Yes! Language assistance available.

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## SUMMERTIME WORD SEARCH

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

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

AUGUST	RETREAT	SUNSCREEN
BACKYARD	SEASIDE	SWIMSUIT
BARBECUE	SHADE	ULTRAVIOLET
BEACH	SUMMER	VACATION
COOLING	SUNLIGHT	WARMTH
ENJOYMENT		
FAMILY		
FAN		
GRILL		
HOT		
JULY		
POOL		
RELAXATION		
REST		

ANSWERS

D	V	A	B	T	G	N	I	T	O	O	C	S	A	L	J	X	d	x	V
C	R	A	H	X	K	I	S	C	X	f	J	I	N	d	A	X	K	W	g
L	N	W	X	K	S	N	S	K	O	L	I	I	W	d	E	N	F	S	
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T	F	I	N	H	G	N	A	I	H	O	H	K	N	R	g	N	R	K	R
K	I	N	H	d	M	d	r	B	W	C	S	K	R	C	X	d	C	K	A
H	B	V	S	G	N	V	I	N	N	B	W	S	N	d	S	N	A	V	
D	S	N	X	V	I	O	A	S	I	T	g	O	S	N	A	V	I	D	
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A	D	R	g	T	M	I	S	W	X	O	d	M	S	C	T	L	K		
B	g	B	g	T	A	f	A	N	d	H	C	d	A	K	H	f	S	A	
O	F	H	R	g	L	I	O	N	d	H	C	d	A	K	H	f	S	A	
C	M	I	R	g	S	K	S	N	T	I	g	H	L	d	g	N	g		
H	C	L	g	S	K	S	N	T	I	g	H	L	d	g	N	g			
V	B	R	g	C	N	E	d	r	g	d	T	E	B	E	g	H	O		
g	C	A	M	L	N	T	I	R	V	A	I	O	T	E	H	V			
E	S	A	X	X	R	C	M	A	W	I	H	T	O	P	T	g			

The Center In Oak Harbor, 360-279-4580





PARKINSON'S SUPPORT GROUP

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

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

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

988

The new crisis phone and text line, is now live

People in a mental health or behavioral crisis can now call or text 988, a three-digit national replacement for local suicide hotlines and other helplines.



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.)

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](mailto:reception@islandseniorservices.org).

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.



Sundays In-Person; 10 am  
5671 Crawford Rd, Langley  
Zoom service link online  
[unityofwhidbey.org](http://unityofwhidbey.org)



AUGUST

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

WEEK 1

Mon	1	Grilled Honey Mustard Chicken Thighs
Wed	3	Italian Sausage Penne
Fri	5	Crunch Cabbage Chicken Wrap

WEEK 2

Mon	8	Apple Onion Pork Chop
Wed	10	Turkey Tortilla Pie
Fri	12	Salmon Salad on Greens

WEEK 3

Mon	15	Teriyaki Chicken Sandwich
Wed	17	Cheesy Spaghetti Bake
Fri	19	Beef and Blue Penne Salad

WEEK 4

Mon	22	White Fish Fillet
Wed	24	Hot Turkey Sandwich
Fri	26	Swedish Meatballs w/Rice

WEEK 5

Mon	29	Rigatoni w/Smokey Bacon & Tomato
Wed	31	Creamy Artichoke Chicken Bake



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](mailto:JonathanMolina@thrivecf.com)

GROUP FITNESS

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

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# FROM THE EXECUTIVE DIRECTOR

## Island Senior Resources Learns through Transition

By Michele Cato, Executive Director, Island Senior Resources

Island Senior Resources (ISR) reopened our Bayview and Oak Harbor doors to the public on July 5, and we are serving lunches in Bayview and Coupeville on Wednesdays. With our reopening, the questions from the community have been flying fast and furious. Simple questions might have simple answers but complex reasons behind them. “Will Not Your Grandma’s Bingo be starting up again?” (No.) “Time Together?” (No.) “Fun Band?” (No.) “Bridge?” (Yes.) In-person access to our Aging and Disability Resource staff or SHIBA volunteers? (Yes.)

There is no easy explanation for why ‘yes’ or ‘no’ to these or similar questions. ISR’s mission, availability of resources (money, space, and people), and prioritization of the community’s needs drive our decision-making. As we transition out of COVID-19, onboard new staff, assess changing client needs, and respond to new funding/contracting realities, we are experimenting, adjusting, and adapting based on lessons learned.

Many key decisions were made even before the pandemic hit regarding ISR’s central purpose and the status of the Bayview building. Our mission drives us to prioritize and provide essential services to the most vulnerable across Island County

in nutrition, transportation to medical providers, case management, and access to aging and disability resources. Staffing and funding levels determine the breadth and depth of our service delivery, and we continually seek good staff and supportive donors that share our vision. We are currently evaluating the highest, best use of our physical space (ISR/Bayview and the Senior Thrift in Freeland) and expect to have the results of that study by fall. In the meantime, space at Bayview is extremely tight, and we cannot offer the senior center activities many of you have previously enjoyed.

I believe we should envision the future from a position of abundance not scarcity, resilience not status quo. Program priorities must shift according to the ever-changing needs of those we serve and seek to serve. This fall, we will be hosting a series of small group conversations about the needs of our aging community. If you are interested in participating, please contact me at michele@islandseniorservices.org or P.O. Box 939, Freeland, WA 98249. We want to strengthen our representation across the county – especially in North/Central Whidbey and Camano – and would like to encourage participation by people of all walks of life, education levels, work status, ages, races, ethnicities, religions, gender identification, sexual preferences, and abilities. Please join us. We want to learn from you, your lived experiences, and your ideas about a thriving aging community! May we all age gracefully and healthfully together.

## Vial of L.I.F.E. (Lifesaving Information For Emergencies)

By Robin Bush ISR Communications

Are you prepared for possibly having a medical emergency? How would emergency personnel know how best to treat you if you cannot speak or remember



the details? The Vial of Life is an easy answer and the best way to notify first responders of your critical medical information in the event of an emergency.

It’s easy. First, you fill out a short form with your health and medications information, place it in your refrigerator either in a plastic vial on an inside door shelf or place your information into a zip plastic bag and tape it to the front of your refrigerator. Then place a Vial of Life decal on the outside of your refrigerator and one on your front door at eye level to let emergency responders know where your medical information is located.

You can find the medical information form online by going to [www.vialoflife.com](http://www.vialoflife.com), scrolling down, and clicking “Print form.” This form includes a space for your name and address, phone, date of birth, blood type, identifying marks, current medical conditions, past medi-

cal conditions, medications dosage and frequency, allergies to medicines, your doctor’s names and phone numbers, last hospitalizations, special instructions such as health directors, insurance, emergency contacts and if there are pets in the home. You can also include instructions on where you keep your living will, any Do Not Resuscitate instructions, and Healthcare Power of Attorney. Your doctor can help complete the form and ensure the information emergency personnel might need about you is included.

You can pick up the vials, decals, and form at the Center in Oak Harbor or Island Senior Resources (Bayview). Or, you can order a kit of two decals and two medical information forms from [www.vialoflife.com](http://www.vialoflife.com) for \$5. You can also create a homemade version by printing the form from that website and making your own signs with a large red cross and the words “Vial of Life – See refrigerator door for medical information” and put that on your door and on your refrigerator. It is critical that you keep the information in of your vial of life current so EMS can properly treat you!

The Vial of Life program on Whidbey is supported by the WhidbeyHealth Medical Center Foundation.

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

Senior Thrift

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

## OUR LOCATIONS

**Island Senior Resources (Bayview)**  
(as of July 5)  
14594 SR 525, Langley, WA 98260  
Weekdays, 8:30 a.m. - 4 p.m.

**ISR Oak Harbor**  
Call 360-321-1600 or 360-678-3373

## ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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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.

### Senior Thrift

benefitting  
Island Senior Resources

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### August Specials

25% OFF RED TAGS  
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WHITE TAGGED CLOTHING \$1.00  
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## 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.



# What Did You Say?

By Robin Bush ISR Communications

There are different kinds of hearing loss. Some are sudden, and if you experience this, you should see your doctor. Others are more gradual, and you may not notice the hearing loss until it begins to affect your lifestyle or overall health. Hearing loss can put you in danger of not hearing important warnings from people or sirens and delay or prevent you from responding to dangerous situations. In addition, you may not correctly hear instructions from your doctors or pharmacists, which can lead to misunderstandings around your medications and overall care.

Hearing loss is isolating. Forty eight million Americans have it. Twenty five percent of those 65-74 and 50 percent of those over 75 have disabling hearing loss. If that weren't isolating enough by itself, now there is research that says it is a significant contributor to dementia, depression, cardiovascular disease, and mental health issues in older adults. Johns Hopkins researchers did a 12-year study that found mild hearing loss doubled dementia risk. Moderate loss tripled the risk, and people with severe hearing impairment were five times more likely to develop dementia. They



are also studying if hearing aids can prevent dementia in adults with hearing loss. Part of the difficulty is that many older adults have old hearing aids. It used to be that hearing aid technology didn't change very fast. Recently, technology has made considerable advances in hearing aid sound quality and the ability for hearing aids to be controlled by cell phones to reduce background noise, change amplification, and record health data on balance and activities that might lead to falls. Others feed information to family members about levels of socialization activities so issues of isolation can be addressed. Some even allow the user to communicate online or by phone with their hearing professional to adjust the device without an office visit.

# 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.



United States Department of Agriculture

10 tips Nutrition Education Series



MyPlate MyWins


Based on the Dietary Guidelines for Americans

## Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

- 1 Drink water**

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



- 2 How much water is enough?**

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.
- 3 A thrifty option**


Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
- 4 Manage your calories**

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.
- 5 Kid-friendly drink zone**

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice\* each day.



- 6 Don't forget your dairy\*\***

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.


- 7 Enjoy your beverage**

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.
- 8 Water on the go**

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.


- 9 Check the facts**


Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.
- 10 Compare what you drink**

Food-A-Pedia, an online feature available at [SuperTracker.usda.gov](https://www.supertracker.usda.gov), can help you compare calories, added sugars, and fats in your favorite beverages.
- \*100% juice is part of the Fruit or Vegetable Group.

\*\* Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

## Medical Equipment Lending Libraries

Island Senior Resources has free medical equipment lending libraries for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/ personal care items including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.



### LOCATIONS

**South Whidbey (Bayview):** Donations/pick-ups Monday, Wednesday, Friday 1– 4 p.m. at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room entrance. Please make sure donations are fully functional and clean.

**North Whidbey (Oak Harbor):** Donations/pick-ups Monday, Tuesday, Thursday 1– 4 p.m. at Island Senior Resources (Oak Harbor), 917 E Whidbey Ave, Oak Harbor, next to the Center in Oak Harbor. Please make sure donations are fully functional and clean.

**Camano Island:** Donations/pick-ups at the Camano Center, call 360-387-0222 8 - 5 p.m. weekdays. Please make sure any donations are fully functional and clean.

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

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



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**SHIFTING** continued from page 1

Those are practical and vital considerations, but it is time we all work to change the conversation and social mindset around aging. Can we shift from fearing the aging process to embracing the enduring value of those of us in this stage of life and celebrating our accumulated decades of experience? How? The answer lies partly in how we present who we are in our older years and the positive aspects of aging – what we can do vs. what we cannot.

We are surrounded by a negative societal stigma of aging. It's the one thing everyone has in common, yet we don't like to talk about it. Our family members and friends worry about our decline and pass their fears to us. It's time we, and they, recognize that getting older does not mean impending doom on the horizon and that we are bound to become feeble and unable to think or care for ourselves. That may happen at some point, and it is wise to be prepared. Still, until it is a reality, we can choose to focus on building our physical and emotional strength, managing stress, learning new things to keep our minds engaged, being grateful, and taking charge of how we react to problems. We must tell others a new story – aging is something to celebrate.

As we age, our bodies will change. Challenges will inevitably present themselves – some predictable, some not. We may experience a sense of increasing loss as loved ones pass, or we lose mobility and capabilities. Rather than making that the focus of what we share when talking to others, we can create conver-

sations around how resilient we are. We have learned a lifetime of wisdom and can become valuable mentors for those willing to listen. We don't have to be on our way OUT; we can be on our way UP! Yes, we must prepare our homes to stay safe, organize our affairs, and plan for emergencies. But now, previously career or family-centric, we may become more involved in volunteering, activism, or giving our time or resources. Our job is to continue finding new ways to thrive regardless of age.

It's important not to sweep changes under the rug and ignore them; things don't get better by refusing to acknowledge them. But it helps if we face changes with humor, playfulness, and laughter. Rather than worrying about what may come next, look for joy in where you are today. Everyone has something or somewhere that nourishes their spirit and helps us feel connected to what matters most, so go find yours. Show others the best you. Show them your emotional vitality and resilience. Help them think of you as the most vibrant, creative, upbeat person they know. Doing this will change how you and they think about aging. The more we can help those who come after us to believe that aging is something to celebrate, not fear, the better their aging process will be. Isn't that a legacy gift you'd want to give?

*"The desire for vitality is not age denial. We are not defying age when we live with strength, passion, creativity, and purpose. These qualities have nothing to do with age. They are about a state of mind - not a date of birth."*

~Marc Middleton

# Libraries are cool!

By Sno-Isle Libraries

Sno-Isle Libraries welcomes our community into cool, air-conditioned buildings for those seeking relief from excessive heat this summer. Come surf the internet, browse the shelves, and be cool!

Library staff are available to provide recommendations for your summer reading or help load your eReader for vacation. Planning a staycation? Come check out a Discover Pass from your community library to explore the trails.

Your library card opens a world of possibilities and endless summer fun. This summer, you could learn a language, enjoy Summer Reading events with your grandkids, or connect with your community at your local library.

Sno-Isle Libraries has added 100 open hours across 23 locations. This means more time to drop in when it's convenient for you. Plus, you can add some color into your life with one of the newly designed library cards.

There are hundreds of resources available to you; some highlights include:

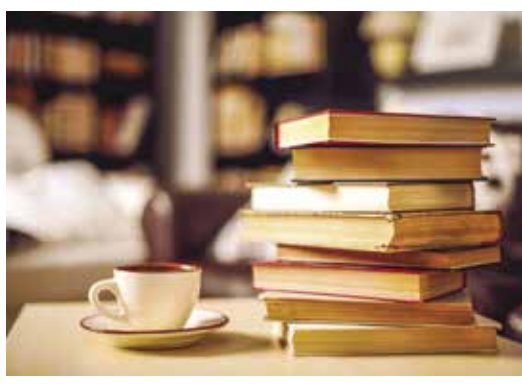
- Read local and national newspapers online
- Browse popular magazine titles online or at your library
- Listen to audiobooks online or check out a CD
- Learn to use a program like Microsoft Excel or Word with LinkedIn Learning
- Check Consumer Reports before you buy a product
- Search for reliable information on your wellness with unbiased reports, information on nutrition, perspectives on mainstream medicines, and more
- Discover your ancestry
- Find resources to help with will and estate planning

Are you not sure where to get started? Book a Librarian to help explore your options, provide recommendations, or match your interests with resources available.

Our library staff looks forward to seeing you this summer, even if it is just to enjoy the air conditioning!

Find your community library at [www.sno-isle.org](http://www.sno-isle.org).

## SNO-ISLE LIBRARIES





## 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](http://whidbeyhealth.org/hospice-and-palliative-care)  
or Call us at 360.914.5635.

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