

Island Times

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

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

Volume 6 • Issue 3



A Day in the Life of Christina Traveling with The Center

By Christina Benjamin

Program Assistant, City of Oak Harbor Senior Services

On a cool crisp Tuesday morning, after a long holiday weekend, I started my morning getting ready for my first training trip as the program assistant with The Center in Oak Harbor. We have several volunteer travel escorts that escort these trips but staff is trained so if we ever had to fill in. Even though I have escorted plenty of trips at my previous job, I was nervous and excited. Our travel program at The Center offers a variety of off island trips including theatre performances, shopping, exhibits, sightseeing and more. Today was a crowd favorite, which often sells out, our Mystery Lunch trip and it was a new adventure for me. If you're wondering what a mystery lunch trip is, it is a trip that you get on the bus and go to an undisclosed location for lunch.

I gathered what I would need for the trip and made the trek down Whidbey Avenue to Oak Harbor Street to meet all the travelers at the Whidbey SeaTac Shuttle Pick-up/Drop-off location behind Planet Fitness, the meeting and departure point for our trips. We charter Whidbey SeaTac Shuttle to provide transportation for our trips. Many of the travelers were already there, excited and ready to go for our Mystery Lunch. We met a couple mins before 11 a.m. and were on the road by 11:05 am that's how excited all the travelers were. We had the pleasure of the Whidbey SeaTac Shuttle owner, D'Arcy, driving us for our adventure. As the travelers try to guess where we are going the driver tries to keep it a mystery. Pulling up at the shuttle's office on our way out of town to pick up an extra step for the bus, D'Arcy said, "We have arrived at your destination, today's mystery lunch is whatever you want out of our gourmet vending machine". Laughter echoed throughout the bus. Again, heading off island

A DAY IN THE LIFE continued on page 8

Healthy Vision – Beyond Eyesight

By Robin Bush | SR Communications

July is Healthy Vision Month, but our eyes are just part of that story.

We use our eyes to understand where we are in the world, perceive danger or safety, or look into the eyes of someone to sense their emotions. Research shows that eating lots of leafy greens, fruit, and fish can help nourish your eyes. So do getting regular exercise, managing stress, not smoking, wearing sunglasses, and when using electronic devices, look at something 20 feet away for 20 seconds every 20 minutes. Protecting our vision is essential, and any observed change suggests a trip to the doctor is needed.

Sight helps us interact with the world around us, but as we age, our eyesight may diminish; if it does, we can seek new ways to help us perceive the world. We can connect to things we need to see through assistive technologies or the help of those around us.

We also strengthen and sharpen our other senses as our sight lessens. We may not see the rain, but we hear it on the roof. We may not see the food before us, but the aroma and the flavors paint a vivid picture in our mind. We may not see light and shadow, but we feel sunshine on our face.

At the same time, as we sensorily compensate, there is a deeper level on which to consider vision. It's more than what we see with our eyes. Vision, defined more broadly, includes the ability to think about or plan the future with imagination or wisdom.

What kind of "healthy vision" do you need to imagine your future? What wisdom have you learned along the way can you apply today that will affect tomorrow?

At TEDxSpokane 2017, Matt Mitchell said our vision of the future that we imagine today is our GPS for what we can do now that will affect who we will become. When we were younger, we focused more on who we were in the moment, not the distant horizon of who we



wanted to be 5 or 10, or 20 years from then. In our later years, it becomes more important to project into the future what we want to have happen in five years or less.

What can you do today to create a "healthy vision" for your tomorrow?

Imagine the future you desire and believe is possible.

Try explaining your future vision to someone else in detail. Imagine it is five years later – where do you live, what's important to you, how do you fill your days, what does living a purposeful life look like?

Ask yourself who you want to share your future with and how can you create a shared vision that helps everyone involved take better action and make better decisions today?

Preparing for aging is an important part of healthy living. ISR staff is here to help you prepare and plan for your future, face the unexpected, and give you the knowledge and confidence that you are the one choosing your future. That's healthy vision. Leaving the future to chance is risky, even some might say, irresponsible.

Langston Hughes captured the power of "healthy vision" in his poem, "I Look at the World:"

*I look at my own body
With eyes no longer blind –
And I see that my own hands can make
The world that's in my mind.*

DID YOU KNOW?

Nearly half of all adults 65 and older volunteer in some form.

Interesting Facts about Older Adults | Elder Options | North Central Florida (agingresources.org)



Get in on the fun and volunteer at The Center in Oak Harbor!

See pages 6-7

**We can help you
build a brochure to
promote your event
or business!**



**Whidbey Weekly
& PRINTING**

1131 SE Ely Street • Oak Harbor

360-682-2341

www.whidbeyweekly.com



Get Our Monthly eNews
www.senior-resources.org
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Monthly eNews for seniors, adults with disabilities, and those who care for them
360-321-1600 or 360-678-3373

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

For more information, visit 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.

FROM THE EXECUTIVE DIRECTOR

Island Senior Resources Celebrates its 50th Birthday!

By Michele Cato, Executive Director, Island Senior Resources

Founded in July 1972 by a small group of concerned citizens, Island Senior Resources has been serving Island County residents for a half-century. Over the years, ISR has remained a compassionate and caring community endeavor thanks to the incredible support of thousands of local volunteers, donors, partner organizations and agencies, public officials, and ardent advocates of our work. ISR's success in enhancing its clients' emotional, social, and physical well-being directly results from this community's kind and generous support, and we are sincerely grateful.

We celebrate a partial reopening of our pre-COVID resources, including lunches served again at ISR's Leo's Place in Bayview on Wednesdays, and doors open to the public for Aging & Disability Resources. Without ignoring the realities of the current spike in COVID-19 and the need to protect our most vulner-

able clients, we will be offering more lunches and programs in person at Bayview, Coupeville, Oak Harbor, and Camano as quickly as possible. In the meantime, we have been engaging with local high school students and older seniors to help fill a time capsule to be buried at Senior Thrift in Freeland and then opened in 50 years! We are actively planning our vision for the next 50 years and developing our action plan for 2023 and would welcome your ideas. Feel free to reach out to us by emailing reception@islandseniorservices.org with "ISR LOOKS AHEAD" in the subject line.

We will wrap up July's Jubilee activities by celebrating with invited volunteers, donors, and partners with a barbecue, short program, and socializing at Greenbank Farm sponsored by Heritage Bank and many other generous community contributors. As we continue the birthday celebration over the rest of the year, we hope to share our achievements, joy of service, and future vision with you. Please keep reading the Island Times or check our website at www.senior-resources.org for celebration and reopening updates.



Re-opening in Bayview
14594 SR 525 Langley

Providing IN PERSON Aging & Disability Resources Assistance beginning Tuesday, July 5



Weekdays 8:30 a.m. - 4 p.m.
(masks recommended)
For information call 360-321-1600 or 360-678-3373

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.

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 \$2,096/mo. for one person

- 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.



Senior Thrift
benefitting
Island Senior Resources
5518 Woodward 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.



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YELLOW TAGGED CLOTHING \$1.00
7/29 & 7/30



MEALS ON WHEELS DRIVERS NEEDED



MEALS ON WHEELS

BECOME A VOLUNTEER
Your neighbors need you!
Deliver meals to homebound seniors.
Mileage reimbursed.
Call 360-321-1600 or 360-678-3373 extension 1 then 4

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.

I Can Do It Myself

By Robin Bush, ISR Communications

There is a time in our lives, especially as children, when we declare, “I can do it myself.” Then, years later, as we become more accomplished at our jobs, we strive for increasingly more autonomy and the responsibility that accompanies it. In our early careers, working independently without supervision may be an admirable ability. Still, there is a turning point when our ability to work with others is more beneficial, and we shift our focus toward creating a collaborative work environment.

There is a life lesson there for all of us. Independence is the early phase; interdependence is the lasting phase. So often, we are told the goal as we age is to remain independent and function on our own, but is functioning alone what’s best for us? Humans are social beings, and we function best in concert with others, being interdependent, not independent.

All we need to do to understand why this is is look around us. Natural ecosystems share nutrients, support diversity, rely on survivable conditions, and are adaptable. Resilient creatures are connected, alert, and able to respond to changes. Interdependence means survival.

For humans, independence relies on oneself; it’s the “I” phase of life. Interdependence is when life experience guides us to choose to turn to “we.” We seek to cooperate with others so everyone is mutually supported. It’s where we know we can depend on

others, and they can rely on us. Finally, it’s when the independent adult makes a conscious choice to increase their circle of involvement and concern beyond themselves. Some call it the rise of wisdom; others see it as maturity.

In interdependence, people are mutually dependent, and both thrive because of the connection with one another. Both remain resilient, making constant adjustments and transforming to meet the demands of new circumstances. Think of it as synergy -- the sum is greater than the parts are individually. This phase of life is where we value cooperation and commitment over competition. For instance, if our mobility or eyesight

fails so we can no longer drive, we might not be physically able to get our groceries, but someone we know is, so we offer to cook for them. Or perhaps we offer nourishment in social connection as we gather to knit, have tea, or play cards while sharing stories of our lives, past and present.

So, take a moment and welcome choosing interdependence over independence. Embrace the idea of a net that holds you close to others so you and those you care about are not alone in navigating the years ahead. Live interdependently so you will live your best life.



VOLUNTEER
Coordinate SHIBA Medicare classes

Offered by SHIBA/OIC through
Island Senior Resources



Call 360-321-1600 or 360-678-3373

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.



VOLUNTEER
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DRIVERS NEEDED



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SALE
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25% OFF EVERYTHING
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great news!



is re-opening on Wednesdays
for lunch and coffee time
starting July 6

Serving lunch 11:45 - 12:30, coffee time 9-2
Island Senior Resources (Bayview)
14594 SR 525 Langley





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

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866-557-3478

Health Technologies Support Aging in Place

By Robin Bush, ISR Communications

Aging in place saves lives, provides a better quality of life, and saves money. Advances in technology are making it possible to age in place safely, support health, manage chronic diseases, augment the efforts of caregivers, and help distant family and friends stay connected.

Changing physical and cognitive issues may require adapting new levels of monitoring and support. Doctors, physical therapists, occupational therapists, and ISR’s Aging & Disability Resource Specialists can suggest helpful assistive technologies. Here are just a few:

Personal Emergency Response Systems (PERS) are pendants designed with a push button to call help when you need it. Unfortunately, some seniors do not like to wear these because of the stigma that they need help. Studies have shown that only 7% of seniors would push the button. They were either embarrassed to need help, diminished the severity of the issue, or didn’t want adult children to find out for fear of being forced to leave their homes.

Smartphone apps are becoming popular. Some have motion detection, and if a person falls, a responder speaks through the phone to ask, “Are you OK?” If there is no response, they place an EMS call. These can be good systems, but the drawback is the limited number of seniors who have smartphones that are charged, turned on, updated, with them all the time, and know how to use them.

There are specialized phones for seniors without smart features, with large numbers and a red button to call for emergency help. The drawback is you need to be able to get to the phone or remember where it is.

New devices are coming on the market that use radio waves to detect motion in a

living space. These are small and discreet, and many can see through walls to cover more than one room and can track different people. They can tell if you sit down or fall, detect your breathing rate, and soon will be monitoring your heart rate. However, they aren’t yet able to track your needs if you leave home.

Digital assistance devices (such as Amazon’s Alexa) can help track upcoming appointments or reminders to take meds. On the horizon are advances in some of these devices that will use the sound of your voice to help detect mental health conditions.

There are smartwatches that allow you to make calls, monitor blood pressure and heart rate, have fall detection, and GPS to provide directions. And there is new research on smart garments with health status sensors that can send out a help message.

Safety in your home is only one area where technology is stepping up to meet the needs of older adults. There are technologies to magnify text or read you what is on a computer, robotic pets for emotional comfort, security alarms that monitor inside as well as outside, smart pillboxes that notify when pills are taken, and even pill robots that dispense pills and record that you took them and when.

Choosing assistive technologies is a matter of determining your needs, budget, what you are comfortable with, and what information you want to share. Most of us have paid attention to ensuring our affairs are in order; now, it is time to set up systems to help our children and friends know we are safe. It helps us, and it helps them.

This information was presented by Alfred Poor in a “Get Set Up” online class. For more Get Set Up classes, go to: www.getsetup.io.

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Step into Summer with Sno-Isle Libraries

By Sno-Isle Libraries

Take a break from the summer heat and visit Sno-Isle Libraries to browse the shelves, surf the internet, or join a program. Sno-Isle Libraries offers helpful, interactive programs and events to align with your interests.

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 Discovery Pass from your community library to explore the trails.

Sno-Isle Libraries are committed to creating inspiring spaces which are welcoming, inclusive, and easy to use. The Langley Library will be undergoing a remodel in 2023, which will refresh the building and provide accessibility upgrades while preserving and enhancing the historic nature of the building. The Future Clinton Library project is also underway, with conversations starting in the community to determine the best path forward for the library.

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

UPCOMING PROGRAM SPOTLIGHTS:

WhidbeyHealth Presents: Help! My Feet are Changing!
When: Thursday, July 14 from 2–3 p.m.
Where: Oak Harbor Library • 1000 SE Regatta Dr.
Join Line Goulet, WhidbeyHealth Diabetes Education Program Coordinator, as she walks us through our changing feet.

Creativity and Older Adults: It’s Never Too Late to Explore Your Creativity
When: Saturday, July 16 from 10 a.m. – noon
Where: Langley Library • 104 2nd St.
Registration is required.
In this interactive workshop, you will participate in fun creative tasks, explore the benefits of memoir reflection, and learn how to implement creative tools in your everyday life.

To request an interpreter or other accommodations for any library event, please email accessibility@sno-isle.org or talk to your local library staff. Providing at least one week’s notice prior to the event will help to ensure availability.

To explore more events and programs in your community library, please visit sno-isle.org/events. If you have any questions, please do not hesitate to contact us at sno-isle.org/contact-us.

Island Senior Resources, 360-321-1600, 360-678-3373 • www.senior-resources.org



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@islandseniorservices.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.

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:

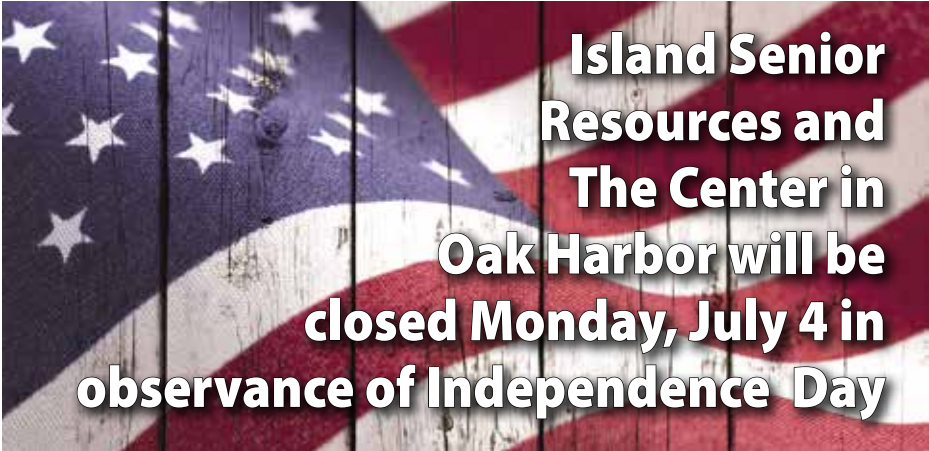
- “Basic” Medicare benefits, options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Financial assistance for qualifying low-income individuals
- Prescription drug plans

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.



JULY

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

WEEK 1		
Fri	1	Picnic Hotdog on Bun w/Fixins
WEEK 2		
Mon	4	Holiday – No Meal Service
Wed	6	Chicken 'Fried' Rice w/Cabbage, Carrots, Peas
Fri	8	Salmon Caesar Salad w/Croutons
WEEK 3		
Mon	11	Meatballs & Gnocchi w/Creamy Tomato Sauce
Wed	13	Crispy Chicken Tenders & Tots
Fri	15	Tuna Salad Sandwich on Croissant
WEEK 4		
Mon	18	Salad Trio, Potato, Chicken Curry, Three Bean
Wed	20	Club Wrap w/Lettuce & Tomato
Fri	22	Fish Sandwich w/Cheese, Lettuce, Tomato
WEEK 5		
Mon	25	Chef Salad w/Ham & Turkey
Wed	27	Chicken Tenders & Oven Fries
Fri	29	Steak Salad w/Field Greens & Blue Cheese



Whidbey Island Fair
819 Camano Ave, Langley
whidbeyislandfair.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
- 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
- 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 – A Talented and Jovial Rene Abadesco

Born and raised in Davao City and Medina Philippines, Rene Abadesco worked as a mechanical engineer for the San Miguel Corporation, although a good opportunity, he had the chance to join the US Navy which would give him a chance to make more income



Rene enjoying a friendly game of ping pong at The Center

and travel-- an opportunity he felt he couldn't pass up. After joining the Navy, he got stationed at NAS Whidbey several times and being from a country of over 7,000 islands Rene couldn't help but fall in love with Whidbey Island. Rene, along with his wife of 34 years, Mimi, son Enrico, and daughter Clarissa have been residing on Whidbey Island since 2001. After explaining how he discovered and fell in love with the area, Rene jokingly said, "I decided to stay because it always rains here and then people won't discover it here."

Rene has been working on his guitar collection since 1986 when he bought his first one which was a Yamaha brand

acoustic guitar he bought at the Navy Exchange. He is so passionate about his music that he even has his own studio at his home, and you can listen to his music on YouTube. As Rene describes, "Guitar and music is my love". He has started sharing his talent and love for music with those at The Center by playing once a month during the daytime. Rene can also be found at The Center throughout the week playing a vigorous game of ping pong. He learned to play back home when was young and has enjoyed the opportunity to keep honing his skills.

The Center is fortunate to have Rene, a fun and jovial member, share his talents and friendship with all of us here. If you haven't met Rene before, stop by during his live music or challenge him to a ping pong match!



Rene recording music in his home studio



Filling The Center with joyful music, Rene playing his guitar during a Tuesday lunch

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

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TRAVEL LOG

MYSTERY LUNCH
July 25 | 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.

WHIDBEY WINE TOUR
Saturday, July 9 | 10 AM – 5 PM
\$55 Members • \$65 Non-members

Let's celebrate our good fortune of having such wonderful wineries on Whidbey! On this tour we will stop at a few wineries, a distillery, and enjoy a no-host lunch along the way.

Please note: Price includes transportation only, tasting fees are additional and range from free to \$15 for 4-6 small pours. Some wineries waive tasting fees with the purchase of a bottle of wine.

WOODLAND PARK ZOO
Wednesday, July 13
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.

AXE THROWING
Wednesday, July 20
10:45 AM – 5 PM
\$80 Members • \$100 Non-members

Experience the thrill of axe throwing at Camano Island's first and only axe-throwing venue Arrowhead Axe. Axe throwing is a game for anyone regardless of size or age because the secret is in the form, not strength. The experience will include a lesson with an "Axe-pert" and 90 minutes of throwing time. We will stop for a no-host lunch after. Please note: Closed toe shoes are required for your safety.

UNWINED ON THE BAY
Thursday, July 28 | 4 PM – 9:30 PM
\$100 Members • \$120 Non-members

Join us in July for the popular unWINEd on the Bay wine tasting cruise in Bellingham Bay aboard the Victoria Star. Snacks and hors d'oeuvres that complement the wines will also be served during the cruise. This cruise highlights the classic grape varieties, from Rieslings to merlots, and everything in between.

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.

EXTENDED TRAVEL WITH
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SOUTHERN CHARM
Charleston, Savannah and Jekyll Island
March 19 - 25, 2023
\$3,029 double pp • \$3,379 single pp

Special travel presentation
at The Center July 12 at 10:30 AM

Highlights include historic Charleston, Boone Hall Plantation & Gardens, Savannah, St. Simons Island, Jekyll Island, and Gold Isles Cruise. Price includes airfare from SEA, hotel accommodations, nine meals, and transportation.

Front Desk Volunteers Needed

Commitment:

- 1, 8-hour shift a week
- 1 monthly meeting

Requirements:

- Previous front desk/receptionist experience
- CPR Certified (training provided)
- First background check

Duties:

- Greet members & guests
- Answer phones
- Schedule appointments
- Take payments for classes, trips, and events

Reach out to Carly Larson @ 360.279.4583

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! 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!

NEW! Music with Rene
1st Thursday of the month, Noon
Rene is a music enthusiast who plays a variety of genres and has an extensive guitar collection. Come listen, sing along, or even dance to the tunes!

NEW! Social Dance
2nd Friday of the month
7 - 9 PM | No fee
Dance to a variety of music including, east coast swing, west coast swing, waltz, Cha Cha, night club two-step, cowboy two-step, line-dancing, or freestyle.

NEW! Flamenco Dance
Tuesdays, 2:30 PM | July 12 - Aug. 9
\$25 Members, \$35 Non-members (pp course cost)
Flamenco is a traditional Spanish dance having its roots in Romani culture. Flamenco is based on expressive use of arms and rhythmic stomping of the feet. If you want to experience energizing sounds of Spain, feel strong, confident, and empowered by your own movement, and spend time connecting with other women, come to our 5-week course.

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.

LUNCH VOLUNTEERS NEEDED

Tuesday & Thursday's 10:45am-12:30pm

LEND A HAND SERVING LUNCHES OR WORKING CHECK-IN DESK

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**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.

A DAY IN THE LIFE continued from page 1

before the roundabout at Sharps Corner, D’Arcy came over the overhead speaker and said, “I want to hear cheers for which way you think we are turning.” When he said left into Anacortes there were some cheers but the loudest of cheers when he said right towards Burlington. As we approached the roundabout, he acted like he was going to head towards Anacortes but then turned towards Burlington.

The talk around the bus was about the different locations that we could possibly be going. Some guessed Bellingham while others estimated that would be out of our usual travel radius for mystery lunches. Once in Burlington on Burlington Blvd, we turned at Carl’s Jr and talk around the bus was that we were going to eat there and guesses about what else is over that way. Then a couple of them said “the Curious Chef is over this way.” They had guessed it; we arrived at our mystery lunch destination and made our way into the restaurant.

While at the restaurant we talked, getting to know each other, where everyone is from or where they live now. Also, we talked about other restaurants that serve certain foods or places our travelers had been that served good food. The Curious Chef had a nice selection of foods to choose from. Everyone chose things like Eddie’s special sandwich (grilled chicken breast on parmesan sourdough bread with Swiss cheese, tomatoes and bacon), mushroom Swiss burgers, and cobb salad. I had chicken strips and fries with a strawberry lemonade. It didn’t help that I was wanting chicken strips since the day before. It was hard to choose because everything sounded so good and looked delicious. I changed my mind a couple times. After we were done eating there were many compliments about how good the food tasted, and how we were going to remember this location.

We all got back on the bus and headed for mystery stop #2. The conversation around the bus was, “Where are we going for ice cream?” I said, “How do you know we are going for ice cream?” The travelers said, “We always go for ice



Heading home on the bus talking to others

cream!” The guesses started coming in for where we were going. This trip we changed it up and didn’t go to a place that just had ice cream. We traveled back down Burlington Blvd as we were headed home and turned right on Hwy 20 towards Sedro Woolley. We stopped at our last stop for our trip, Lafeens Donuts Ice Cream and Espresso. While I ensured everyone, they had 15 flavors of ice cream to choose from, only a handful of travelers got ice cream since we were still so full of lunch. After getting our sweet tooth satisfied, we got back on the bus and headed home. A suggestion and comment sheet were passed around and we received great feedback from the trip.

My first trip experience was great, and I got to know several of the travelers better. This experience was a good introduction for me to learn what The Center offers for travel and to socialize with people I haven’t had much conversation with before.

If you’re thinking of, or wanting to know more about our travel program, stop by The Center in Oak Harbor, grab a newsletter and talk to a friendly front desk Volunteer or staff member, and we can share our own personal experiences with you. Don’t worry if you are a solo traveler. Once you step on that bus you are part of the group, and by the end will likely have made a few new friends to look forward to seeing on the next Center trip.

Interested in becoming a volunteer travel escort for The Center in Oak Harbor? Call Program Coordinator, Carly Larson, 360-279-4583.



Mystery Lunch at Curious Chef, May 31, 2022

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