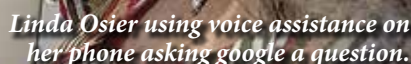


**Look for Island
Times the LAST
Thursday of
each month
SEPT. 2022**

Volume 6 • Issue 5



ELECTRONICS continued on page 8

Courage. What does it mean to live and act courageously? Merriam-Webster defines courage as the mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty. The Cambridge Dictionary defines it as the ability to control your fear in a dangerous or difficult situation. Fear stagnates you in your comfort zone rather than finding the courage to try something new despite risks. That doesn't have to mean going to extremes like skydiving world record holder Irene O'Shea did in Australia at age 102; it means understanding what you are afraid of and then deciding it won't stop you from taking chances and pursuing your dreams. Courage is not the absence of fear; it is the acceptance of fear and the ability to rise above it to take you where you want to be. Being courageous also empowers you with the ability to encourage others to lead courageous lives. Start small; try a few things where the stakes are not too high before taking a bigger leap (perhaps not from a plane). Each of those small courageous steps builds your endurance for the next bigger one. Like a muscle, you get stronger when you use it more. Keep a courage journal so you can reflect on



Kindness. Mirriam-Webster defines kindness as simply the act of being kind, so we need to look deeper. What does it mean to be kind, and why should we be? How do you choose to show kindness? Is it by being friendly, generous, considerate, helpful, empathetic, or doing unexpected nice things with no expectation of the same in return? Kindness includes doing intentional, voluntary acts toward others, and not just when it is easy to do. What would the world around you look like if you chose to do an act of kindness, which meant another person reacted by doing an act of kindness, and so on? Try smiling at someone – it makes them feel good, and they'll likely pass it along. It's that simple. Be kind. How can you start to change the world one kindness at a time?

COURAGE continued on page 3

DID YOU KNOW?



See page 7 for details



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FROM THE EXECUTIVE DIRECTOR

Island Senior Resources Celebrates its 50th Jubilee Anniversary at Greenbank Farm!

By Michele Cato, Executive Director, Island Senior Resources

Island Senior Resources (ISR) celebrated its 50th anniversary on July 31st at Greenbank Farm with over 300 of ISR's friends, volunteers, and supporters. I was celebrating my five-month anniversary as ISR's Executive Director and enjoyed a wonderful day connecting faces with names, interacting with those whom ISR has touched – or been touched by – over the years, and meeting new friends. It was a glorious, sunny day with good community, good food, good music, and good purpose.

We have so much to celebrate and be grateful for. Not the least of which is the ability to assemble in person after the isolation of the pandemic. But we are truly celebrating the hundreds of thousands of people cared for over the past 50 years and those who cared for them. We are celebrating hundreds of thousands of meals delivered by volunteers and home check-ins made. We are celebrating millions of miles driven by compassionate volunteers to medical appointments ranging across Island County as far as Seattle and Bellingham. We are celebrating tens of thousands of volunteer hours and over five million hours of service to people in need over the past 50 years. We are celebrating our future selves in 2072 when a time capsule will be opened at our next Jubilee, including letters from 2022 celebrants ranging from 77-year-old Helen to 17-year-old Sarah, which will be read and shared. We are celebrating ISR, an organization that has been tenacious in its pursuit of excellence and advocacy on behalf of Island County's seniors, adults with disabilities, and caregivers, and resilient in its flexible response to the ever-changing and growing needs of a highly vulnerable population.

We are celebrating ISR, an organization poised to tackle the challenges of the next half-century. We have to do so by asking

the right questions, convening the right people and partners, and developing appropriate, community-based solutions to Island County's complex issues of aging and wellness. The future will call for thousands of volunteer hours from a new generation of caring Whidney/Camano residents. We need your ideas, hard work, financial support, advocacy, and optimism that all things are possible when a rural community pulls together!

There is a lot of work still to be done, the breadth and depth of which we can expect to grow just as our baby boomer generation ages, particularly as we try to do so by aging in place on these beautiful Islands. Over the next several months, we will be convening community voices to help us envision the next 50 years of ISR's service to Island County. I am calling on our community to look for opportunities to join that conversation and to bring along with you another generation of volunteers, donors, and advocates. ISR needs you. Our community needs you. The most vulnerable people within our community truly need you.

Now back to our celebration at Greenbank Farm. I want to thank our generous donors and community supporters who made the event the success that it was. Thank you to Whidbey Island Bank (a division of Heritage Bank) for underwriting the entire event and to Greenbank Farm and the Port of Coupeville for the beautiful venue. Thank you to Rub Number 4 BBQ and the John Meyer family for the yummy smoked pork. Thank you to Serendipity for catering and event support and Whidbey Island Ice Cream Co. for cooling off our hot day. Thank you to Whidbey SeaTac Shuttle and Charter for being on reserve for us and The Doodle Biz for some amazing wall art. A special thank you to the Whidbey Westside Rotary club for sending 30 volunteers our way so that our own volunteers could relax and join in the festivities. We could not have done it without the community and local businesses coming together!

Here's to the next 50 years!



Photos by Dennis Browne



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
- 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)
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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Executive Director: Michele Cato

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.

COURAGE continued from page 1

Courage, care, and kindness are integral to our work at Island Senior Resources. We know it takes courage for you to reach out for help or to think about your future, but we are here to help you take steps to ease your path. You will be greeted with care and kindness when you come to us (by phone or in person).

We respect you and your wishes; we listen, then provide resources to help you live your best life. Perhaps one kindness you could do for someone facing aging challenges is encourage them to reach out to us. When your care and kindness help them be courageous, they'll do the same for someone else. Courage, care, and kindness are indeed the three keys to healthy aging together.

Correcting Your Posture in One Easy Movement

As the years pass, our posture tends to slump. Our core muscles don't support our backs as they used to, and long hours typing, carrying, or sitting haven't helped.

There is one easy movement you might try that you can do anytime you are sitting or standing.

When Standing:
With your arms relaxed at your sides, your palms are likely facing your legs, and your shoulders are curved forward. Turn your palms forward as far as you comfortably can and lift and tuck your head back. This engages your upper back muscles, which help build the strength you need for good posture.

When Seated:
Most likely, your palms are facing downward, which curves your shoulders forward. Position your arms as if you were typing.

Turn your palms up and lift and tuck your head back. This engages your upper back muscles, which help build the strength you need for good posture.

That's all there is to it.

If you are practicing good vision behavior when using any electronic device (stopping every 20 minutes for 20 seconds to look at something 20 feet away) that's a great time to turn your palms up, lift your head, and tuck your chin back. It helps your posture, relaxes your eyes, and reduces stress.

Good posture helps your muscles function well and reduces back and neck pain. It can help improve mood and energy level. You'll breathe better because there is more room to expand your chest and breathe more deeply, which improves circulation, and that's good for your brain. Good posture even reduces stress on joints and bones and reduces tension headaches. Start today.

Always check any new movement or exercise with your doctor or physical therapist before beginning, so they can help you find what is best for your body.

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.



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Preventing the Spike

By Robin Bush ISR Communications

There is a lot of talk these days about how to balance your blood sugar levels. Too many Americans have diabetes, pre-diabetes, or struggle with cravings, hunger, or sleepiness after meals caused by blood sugar spikes. Keeping blood sugar levels within a safe range reduces the risk of diabetes and heart disease.

Did you know you can help control blood sugar by diet? There is guidance by biochemist Jessie Inchauspé, author of *Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar*. She recommends eating your meals in a particular order: veggies first, proteins and fats second, starches and sugars last. So, if you are at a restaurant, don’t touch the basket of bread until you first eat some veggies and protein.

She also says when you eat carbs, adding protein, fat, or fiber is important to reduce the glucose spike. (Try nut butters, avocados, blueberries, and even plain Greek yogurt). Watch out for fruit puree at the bottom of yogurt or dried fruit in snack bars, and be sure, if you are going to eat rice cakes, you top them with protein. Rice cakes are pure starch which creates large glucose spikes in your bloodstream.

Her most important advice might be this: don’t forget to move. Use your muscles for at least 10 minutes within an hour after you finish your meal. Try going for a walk or stand and do the dishes (add a little music and a few dance steps or bend and sway while you scrub those pots and pans. If you need to remain seated, you can add in some upper body moves. Every time a muscle is used, it contracts, and it requires energy to do so. The first place it looks is at the glucose in your bloodstream. It seems everywhere we turn, exercise is one consistent tip provided for better mental and physical health. That frequency tells us something: it’s time to get a move on; you’ll be glad you did.

Looking for more information? There’s a local resource who you might speak with: Glenda Cantrell, email at Glendacantrell@comcast.net. She has personal experience with lowering her blood sugar by diet alone.

S.A.I.L. Stay Active and Independent for Life

By Robin Bush ISR Communications

“The most important thing to me as I age is to remain healthy, active, and independent, for my own sake and those I love. It’s my responsibility to take good care of myself.” ~ Whidbey grandfather

Wellness for seniors goes beyond the absence of sickness and trauma. Being “well” includes staying active and independent for as long as possible, and one of the most important things we can do for our wellness is to reduce our risk of falling.

Some of us believe falling is an inevitable outcome of aging. However, there is abundant evidence falling is not inevitable. We do not have to fall. Falls are predictable, but they are also preventable. People believe their safety and security are found at home, yet statistically, our homes can be dangerous. Seventy five percent of falls happen at home, with only 10 percent outside the home. So, how can you prevent yourself or someone you love from falling?

There is an easy, fun, educational, exercise-based fall prevention class offered through WhidbeyHealth/E.M.S. called S.A.I.L. It was developed by the W.A. State Department of Health and has proven to decrease falls, keeping seniors independent and able to safely age in place. S.A.I.L. transitioned due to COVID to Zoom, allowing participants to be “in-class” from wherever they are. Each class includes warm-up and cool-down, training in balance, strength, aerobics, and general education to help you assess your risk of falls and what might predispose you to fall.

S.A.I.L. is an eight-week, sixteen-session class for participants 65+. Classes meet Tuesdays and Thursdays from 12-1 or 1:15 – 2:15. The cost is \$40. After that, participants are welcome to continue the class for as long as they like at \$40/month. There are periodic assessments so participants and the instructor can track progress. People who take the

class find they become healthier and happier, decrease their risk of falls, and even develop a connection with the other class participants, which helps reduce feelings of isolation.

The program also partners with Hearts and Hammers to place grab bars in home bathrooms (for free for those who qualify). Grab bars significantly reduce the risk of falls in the bathroom, a common place for falls. How to make your home safer is an important part of the class.

Sharing information about the S.A.I.L. program represents a community education collaboration between skilled nursing facilities, the fire department, WhidbeyHealth Medical Center/E.M.S., Island County Public Health, physical therapy offices, and senior centers. Falls represent a significant portion of 911 calls on Whidbey. Nationally, one in five falls causes serious injury requiring hospitalization resulting in high costs for the patient, family members, Medicare/insurance companies, and community services. Together S.A.I.L. and other community health measures have reduced the 911 calls for falls from 20% to 13% over the past three years. That saves an average of 600 response calls each year. Taking the S.A.I.L. class not only helps you, but it also helps our community health services.

W.A. State Department of Health has a guide to S.A.I.L. available on the internet by searching the Washington Dept of Health S.A.I.L. guide. It provides “information for adults ages 65 and older that will help you stay active and independent for life, and help you prevent falls and fall-related injuring – a major threat to independent living.”

For more information, contact Robert May, Lead Paramedic/Community Outreach Coordinator, WhidbeyHealth EMS, at mayrob@whidbeyhealth.org or 360-914-3193

Every second of every day, an adult age 65+ suffers a fall in the U.S., making falls the leading cause of injury and death in this age group – per C.D.C.



CAREGIVERS: AT THE HEART OF HEALTHCARE

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

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

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

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

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

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

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

Join us for lunch!
Wednesdays 11:45 - 12:30
Leo's Place at Island Senior Resources - Bayview
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Coupeville United Methodist Church
608 N. Main St. Coupeville
Donations accepted to help cover the costs of lunch

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Martin Luther King Jr.

Island Senior Resources

We honor and celebrate Labor Day

Our offices are closed Monday, Sept 5 in recognition of the national holiday



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@islandsenior services.org for information on attending or visit our website www.senior-resources.org/support-groups/.



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.)

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.



SEPTEMBER

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

WEEK 1		
Fri	2	BLT Salad w/Pepper Jack Cheese
WEEK 2		
Mon	5	Holiday - No Meal Service
Wed	7	Hawaiian Ham & Cheese Sliders
Fri	9	Thai Salad w/Chicken
WEEK 3		
Mon	12	Turkey & Cream Cheese Croissant
Wed	14	Beef Enchilada Casserole
Fri	16	Antipasto Salad w/Salami
WEEK 4		
Mon	19	Meatball Sub Sandwich
Wed	21	Salmon Alfredo Pasta w/Spinach
Fri	23	Southwest Caesar Salad
WEEK 5		
Mon	25	Ham & Asparagus Popover
Wed	27	Beef Lasagna w/Garlic Bread
Fri	29	Greek Salad w/Chicken & Feta

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. 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.



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

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Daily Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 EnhanceFitness	8:30 Yoga	8:45 EnhanceFitness	8:30 Yoga	8:45 EnhanceFitness
9 Billiards	9 Billiards	9 Billiards	9 Billiards	9 Billiards
9 Lapidary	9 Lapidary	9 Lapidary	10 Walking Club (Meets at Flintstone Park)	9 Quilting
9 Quilting	10 Walking Club (Meets at Flintstone Park)	10 EnhanceFitness (Low Impact)	10 Wii Bowling	10 EnhanceFitness (Low Impact)
10 EnhanceFitness (Low Impact)	11 Mexican Train	11 Duplicate Bridge	10 Wire Wrap	12 Pinochle
10 Mah Jongg	11:30 Lunch	12 Ping Pong	11:30 Lunch	1 Line Dance
12 Bunco	1 Line Dance	1 Textile Group	11:45 Live Music (1st Thursday)	7 Social Dance (2nd Friday)
12 Ping Pong	1 Knitting and Crocheting		12 Canasta	
1 Art			2 Tech Workshop	
3 Clogging				

The Center In Oak Harbor

51 SE Jerome St., Oak Harbor, WA 98277

Front Desk: 360-279-4580

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Current Business Hours:
Mon-Fri, 8:30 am - 4 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40
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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: Vickie Olson

Vickie and her husband, Virgil moved to Whidbey Island six years ago from Wisconsin. They visited in the summer of 2015 to explore the opportunity of becoming “snowbirds” except instead of going south they looked at going west. Vickie is sensitive to the sun and doesn’t enjoy the heat while on the other hand Virgil can’t handle the cold. After spending some time in Oak Harbor, they realized this was the perfect place for them and they decided to sell their home in Wisconsin and move out here permanently.

The two of them met while Vickie was going to the hospital for physical therapy

and Virgil would drive the shuttle bus. Their passion for poetry sparked the connection and has kept them growing together ever since. Even to this day they continue to write together and have both published their own books. Vickie’s first published book, We Didn’t Know We Were Poor is a wonderful memoir of growing up in a large family trying to survive on little to no income in rural Wisconsin. A few of the chapters in her book have even won 1st and 2nd place in writing competitions. Her book can be purchased on Amazon or by Vickie directly and she will even sign it for you!

When Vickie isn’t writing or reading, she can be found quilting, crocheting, painting, and playing cards. Her array of art and music skills are quite extensive and beyond impressive! For over 20 years her and Virgil owned a woodworking company called VnV Fun Folks LLC. They would handmade wooden collapsible baskets, toys, puzzles, games, and much more. Throughout the year they would go to 46 shows a year selling their products which meant they spent countless hours in their shop making all the products.



Vickie and Virgil with a display of their handmade wooden pieces

We are very fortunate at The Center because we get to see Vickie most days of the week. Not only does she participate in our quilting and crocheting groups, but she also plays in our canasta group and participates in EnhanceFitness class. We have enjoyed getting to know Vickie and are so happy that she shares her skills and talents with us at The Center.



Getting a good workout in during EnhanceFitness class at The Center



Whidbey Island Genealogical Searchers presents

Celia McNay - “Introduction to FamilySearch.org”

An educational “how to” meeting for beginners. FamilySearch.org is a free website and Celia will show us how to access information on our ancestors and build a “tree.”

Tuesday, Sept. 20, 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

A photograph of a large ferry boat with a green and white hull, sailing on a body of water. In the background, there are green hills and a small town.

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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

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 sup-

plies 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.

Woodland Park Zoo

Saturday, Sept. 17, 8 a.m. - 5 p.m. \$20

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.

King Arthur Baking School: Quick Puffs

Saturday, Oct. 29, 8 a.m. - 3 p.m. \$50

Enjoy creating Hasty Pastry: Quick Puffs, with these "false" puff pastries we will make a sweet & savory treat in this 3-hour cooking class. Lunch before class will be provided.



RESOURCE FAIR

RESOURCES AND INFORMATION FOR THE 50+ COMMUNITY

Wednesday, September 21st | 10 AM - 2 PM

10:00 AM - 2:00 PM	Vendor Information Booths*
10:30 AM - 12:00 PM	Essential Life Planning Presentation
12:00 PM - 1:00 PM	Complimentary Lunch Served
12:30 PM - 2:00 PM	Essential Life Planning Presentation

*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.

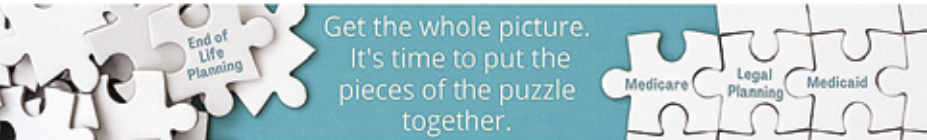
ESSENTIAL LIFE PLANNING PRESENTATION

The Rest of Your Life Matters. Plan For it.

What will happen if you need assisted living? Is in-home care an option? Do you qualify for benefits? If yes, how do you apply? What legal documents should be in place to ensure that your wishes will be honored? Getting these pieces of information can seem overwhelming. This is an opportunity to get vital information from a panel of experts about their piece of the puzzle and how all the pieces fit together for you.

PANELISTS

Northwest Justice Project Legal assistance, Care tool assessment, How to qualify and apply for benefits	Whatcom Legal Services – Advance Directives, Powers of Attorney, Legal documents	Dept. of Social & Health Services Medicaid, Assisted Living, In-home care, Caregiver support	Island Senior Resources & SHIBA Medicare overview, Hospice care, Coordination of benefits
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Guess Who?


I am an actor born in Pennsylvania on September 5, 1951. I am the youngest of seven children. I worked as a cameraman for a local TV station. I’ve been in many popular movies, including dramatic and comedic roles. My real surname is Douglas.

Answer: Michael Keaton

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

**Volume 6
Issue 5**

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

ELECTRONICS continued from page 1

members at The Center, I asked what kinds of electronics they use to help with their day-to-day activities. One member told me she wears noise canceling headphones at church on Sundays because the background noises can be too loud for her. Another gentleman has an app on his cell phone for his hearing aids, and when his phone rings or he is watching TV at home, it connects automatically through Bluetooth to his hearing aid in his ear. Another person shared how she talks to her phone, “hey google” or “hey Siri,” to ask questions “at least 10 times a day.” An attendee in one of our fitness classes uses her fitness watch to track her exercise, steps and heart rate during her fitness classes and throughout the day.

“I purchased an Amazon Echo Show for my 77-year-old parents,” shared Liz Lange, our senior services administrator. “They have it their kitchen and use it daily. They tell it to play their favorite music, ask it for the weather forecast or to give them news updates, and they even video call us on it. My favorite part is I can share photos to it automatically from my phone, which will scroll by on the screen throughout the day, so when they happen to look at it, they see new



Christina Benjamin checking her heart rate on her activity tracker

photos from their kids and grandkids. They enjoy it so much they asked me to set up another one in their second home.”

Seeing the many positive ways people I work with at The Center have embraced technology and use it to their benefit, I would say older adults and technology make a great pair. If something you read sparked your interest in learning more about how you could use technology to help you, or if you are unsure about how to use the electronic devices you already have and want to learn to do more with them, stop by our Tech Help Hour every Thursday at 2 p.m. at The Center in Oak Harbor. Bring your electronic device and your questions. We are here to help!

TRAVEL LOG

MYSTERY LUNCH
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.



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.

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.



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.



IN OBSERVANCE OF LABOR DAY, THE CENTER IN OAK HARBOR WILL BE CLOSED MONDAY, SEPTEMBER 5