

Island Times

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

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

Volume 6 • Issue 6



By Robin Bush ISR Communications

Leaves are turning, so it is time to turn our attention to being prepared for winter. Emergency preparedness is always essential, but winter preparedness has unique considerations when we can expect cold, snow, power outages, and hazardous driving conditions. The key to being safe this winter lies in planning ahead.

Consider what is essential for your daily living. What would you need to be safe, fed, and warm if no one could reach you during a winter storm? Consider arranging for plowing your driveway and someone to shovel a walkway to your door. Do you have sand to spread on icy areas to lessen the chance of falling if you do go outside? Do you have a backup plan for life-sustaining medical devices if there are interruptions in power? Do you have medications and medical supplies you might need for as long as two weeks? Who can you call for assistance (friends, neighbors, relatives), and could they reach you? How will you keep your phone charged? If you are caring for someone with special needs, you need to plan their care. Consider going to stay with someone, so you are not alone and plan how you will get there.

Aside from being prepared, you need to be able to reach out for help. Be sure to:

- List emergency contact numbers and keep them by your phone. (family, friends, neighbors, your doctors, veterinarian)
- Get a Vial of LIFE at Island Senior Resources Bayview or Island Senior Resources Oak Harbor, complete the forms inside, and follow instructions on where to place it in your refrigerator and where to put signs to notify emergency personnel of your medical conditions.
- Keep Island Senior Resources' phone number handy for requesting assistance: (360) 321-1600 or (360) 678-3373.

WINTER continued on page 8

Active Aging Is What We Do Best!

By Liz Lange Senior Services Administrator, City of Oak Harbor Senior Services

October 3-9, 2022 is National Active Aging Week. Initiated in 2003 by the International Council on Active Aging®, the week-long campaign calls attention to and wholeheartedly celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way.

Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Every day that we are open the individuals who walk in our doors at The Center in Oak Harbor are active participants in their lives.

Carolyn Lesh and Terry Estes were on their way out after over an hour of clogging when I snagged them to get their insight on Active Aging and what that meant to them.

"We are here to have fun and support each other. The more we laugh the better it is." Shared Terry. In addition to clogging at The Center she comes for line dance in addition to her two mile walks a day with her husband, who bikes along with her. Her secret to doing all she does "I Just don't sit down. Once I sit down, it's hard to get up."

Carolyn loves participating in clogging because it comes with so many benefits "Dancing has been proven to be good for your brain, it's great for balance and flexibility, plus it being a weight bearing activity is good for your bones. I feel it."

They were both united in their messaging that anyone who is remotely interested in clogging should come try it out "Come and move," Terry invites, "You may just fall in love with it. Don't be afraid to try something new."

ACTIVE continued on page 3

*Duncan & Kathy on the Alsek River
- a 14 day river trip*



DID YOU KNOW?



You can get vital guidance on preparing for winter storms from the CDC website: www.cdc.gov/disasters/winter/beforestorm/preparehome.html. Be ready! Prepare yourself, home, and car.

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

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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 Quilting	9 Lapidary	9 Lapidary	10 Tai Chi	9 Quilting
10 EnhanceFitness (Low Impact)	10 Tai Chi	10 EnhanceFitness (Low Impact)	10 Walking Club (Meets at Flintstone Park)	10 EnhanceFitness (Low Impact)
10 Mah Jongg	10 Walking Club (Meets at Flintstone Park)	11 Duplicate Bridge	10 Wii Bowling	12 Pinochle
11:45 Lunch (ISR)	11 Tech Drop-In	12 Ping Pong	10 Wire Wrap	1 Line Dance
12 Bunco	11 Mexican Train	1 Textile Group	11:45 Lunch	7 Social Dance (2nd Friday)
12 Ping Pong	11:30 Lunch		11:45 Music with Rene (1st Thursday)	
1 Art	1 Line Dance		12 Canasta	
2 Clogging	1 Knitting/Crocheting		1 History Class	
	6 Lapidary (By Appt.)			

The Center In Oak Harbor

51 SE Jerome St., Oak Harbor, WA 98277
Front Desk: 360-279-4580

Passport services & photos available by appointment

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

Yearly Membership Dues: \$40
Available for anyone 50+ years

Liz Lange • 360-279-4581
Senior Services Administrator

Carly Larson • 360-279-4583
Program Coordinator

Christina Benjamin 360-279-4582
Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

Member spotlight: Laura Oser

Community Meal Lunch Check-In Volunteer

Laura Oser came into The Center in Oak Harbor a couple months ago wanting to check out the place. I personally showed her around and told her about the different offerings we had here at The Center and told her about the volunteer oppor-



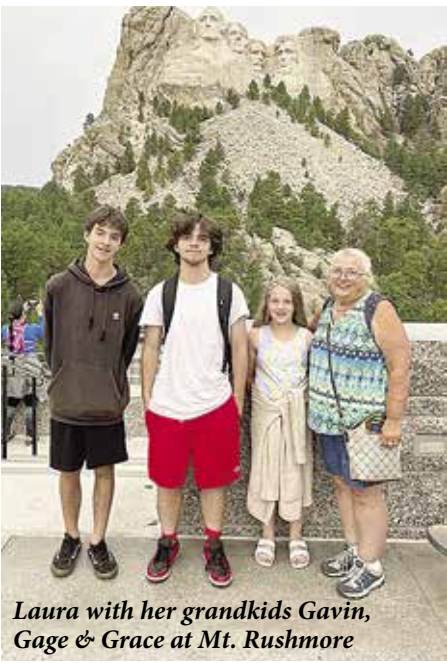
Laura volunteering at the check-in desk for our congregate meals

tunities. Laura was excited to be part of The Center and jumped in feet first by volunteer for our community meals on Tuesday & Thursdays.

Laura was born and raised in Minnesota. Her son is stationed here on Whidbey and Laura came out to help her son with his children after the loss of his wife. Laura has been here on Whidbey for three years now and she was looking for something to do while her grandkids were in school, her sons mother-in-law told her about The Center. In her free time, she enjoys doing arts & crafts, woodworking and playing the guitar and piano.

Laura just got back last week from a several week trip that she took her grandkids on. Her grandkids and her drove across the states from Washington to Minnesota to see family. While driving across the states they did some sightseeing, camped in the car, and even cooked from a camp stove along the way.

Since joining The Center in addition to volunteering every Tuesday & Thursday at our check-in table for our community



Laura with her grandkids Gavin, Gage & Grace at Mt. Rushmore

meals Laura recently went on one of our trips to Mount Baker and loved it. She is looking forward to going to the Port Angeles Crab & Seafood Festival with The Center in October.

Welcome, Laura, we are so glad to have you in our community.



Whidbey Island Genealogical Searchers presents

Melissa Barker - "The Home Archivist: Perserving Your Records Like a Pro!"

An educational "how to" meeting. Learn from a professional archivist how to preserve, protect, and archive family records, photographs, and artifacts.

Tuesday, Oct. 18, 2022 • 1 p.m. on Zoom

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

Sign on to Zoom 10 minutes early.

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COURAGE continued from page 1

Lilia Meserve focuses on exercise and healthy eating. She participates in exercise class five days a week at The Center in Oak Harbor, EnhanceFitness and Yoga. She also walks at Windjammer Park as she has a goal of 7,000 steps a day. She stays socially active by volunteering and playing Mah Jongg with others.

Lilia also knows the importance of maintaining balance “I listen to my body and rest when I need to rest, and ... sometimes wine.”

Our very own Oak Harbor Senior Center Foundation Board President, Duncan Chalfant, and his wife Kathy shared what active aging means to them, and these two are the definition of active!

To us it means doing the things we want to do as we get older. It means staying in shape physically and mentally so that we can challenge ourselves with new things and so we can keep up with activities we already do. We have been gardeners for over 40 years and have a vegetable garden, orchard, berry garden and lots of



flowers and interesting shrubs and trees. We also volunteer with the Oak Harbor Garry Oak Society helping plant seedlings, maintaining the baby trees and taking care of the Native Plant Garden at the Post Office. Kathy is also on the leadership team for the Oak Harbor Garden Club and helping plan their 100 year anniversary in 2023.

Partner dancing is one of our favorite activities. We have been dancing for about 13 years. We still take lessons to keep our steps improving. Dancing is great exercise and is also very good for your brain. It is also great for socialization. We have met many of our good friends out on the dance floor.

It is harder to keep up with the gardens and yard as we have gotten older. We have learned to pace ourselves; a couple hours of weeding rather than a half or whole day event makes things work



Carolyn & Terry show the difference between a tap shoe and a clogging shoe. Come with whatever shoe you have and join them!

easier. We are usually doing something to keep up every day.

A new activity for us began last year, going on professionally led river rafting trips. Last year we did a 14 day trip on the Colorado River. This year, a 14 day trip to Yukon, Canada/Alaska for a trip down the Alsek River. These have been real once in a life-time adventures and something we enjoyed immensely. This type of trip would probably not have been possible if we were not already active people. Plus, we got to meet a bunch of people our own age who are also “actively aging”.

Our health and supporting it is so important so that we can be as healthy as possible later in life. We do yoga almost daily, walk and hike in the winter when the gardens slow down, try to dance at least two hours a week, do a crossword or brain puzzle every day and eat lots of goodies from the gardens. It sound like a lot, but it’s just our life.

There is no better time than now to get engaged and active in your life. During the week of October 3rd-7th first time participants are welcome to participate in any exercise class or social group at The Center at no cost. Come check out a new activity! For more information call staff at The Center in Oak Harbor at 360-279-4580.



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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 Specialist: JoAnn.Bauer@ThriveCF.com

Group Fitness

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

Thrive
communityfitness

Scan here for free 6-day pass

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 Drop-In

Tuesday, 11 a.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!

Now offering Tai Chi!

**Tuesday & Thursdays
10 - 11 a.m.**

\$25 a month for members, \$35 (+\$3 day use fee) for all others

Cost of class is reimbursed by Silver & Fit and Renew Active insurance programs

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in present day, it is known as moving meditation that improves flexibility, balance, strength, and mental focus as well as decreasing stress. Tai Chi is a low impact exercise that is beneficial for every fitness level and all age groups. In this class you will learn Tai Chi and Qigong forms and flows.

History Class – Korea

**Thursdays, Sept. 15–Dec. 1
1-3 p.m. (No class Nov. 24)**

\$40 for Center members, \$90 for all others
Instructor Debbie Wallin will guide you through the history of Korea.

Ballroom Dance: Swing

**Thursdays, Oct. 20–Nov. 10
3 - 4:30 p.m.**

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

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

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, Fridays, 8:45 - 9:45 a.m.

EnhanceFitness Low Impact

Mondays, Wednesdays, Fridays, 10 - 11 a.m.

Yoga

Tuesdays & Thursdays, 8:30 - 9:30 a.m.

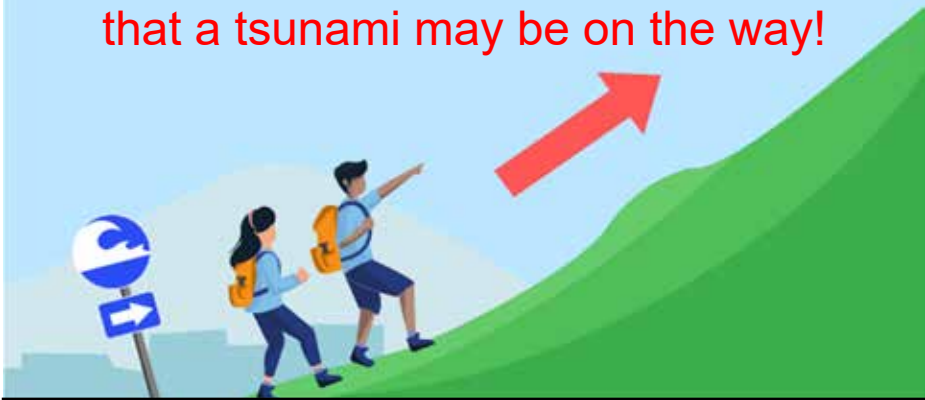
DON'T WAIT

for the tsunami siren to go off

If you feel ground shaking at the coast, **drop, cover and hold on.** Then grab your go-bag and head inland or to high ground.

GROUND SHAKING IS YOUR WARNING

that a tsunami may be on the way!



DON'T FORGET!

All tsunami sirens will be tested around **10:20 AM on 10/20** using the actual wailing sound of the tsunami warning. This test is part of the **Great Washington ShakeOut.**

You can be part of ShakeOut, too!
Learn more and register at
shakeout.org/washington



Paid for by the NOAA/National Weather Service tsunami activities grant.

General Election • November 2022



Fire Chief Ray Merrill will present information about

FIRE SERVICE BALLOT MEASURES

Date : Thursday, October 13, 2022
Time : 11:45 a.m.
Location : The Center, 51 SE Jerome St.

The City of Oak Harbor is asking voters to consider two fire service propositions in the November 8, 2022 General Election ballot to improve emergency response times and capabilities.

2022 FIRE SERVICE LEVY

As the City of Oak Harbor grows, our capacity to provide exceptional service must grow with it.



TRAVEL LOG

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.

CASCADE LOOP GETAWAY
Oct. 20-21 | 9 AM (10/20) – 7 PM (10/21)

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 with 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 for a no-host lunch and other scenic areas along the way. Price includes transportation and hotel stay, all meals are no-host.

BURKE MUSEUM & HENRY ART GALLERY

Thursday, Nov. 3 | 8 AM – 6 PM
\$80 Members, \$100 Non-members

The Burke Museum is located on the University of Washington campus in Seattle with a focus on dinosaurs, fossils, Northwest Native art, plant and animal collections, and cultural pieces from across the globe. We will enjoy a no-host lunch at a nearby restaurant on our short walk to the next-door Henry Art Gallery.

MUSEUM OF FLIGHT
Thursday, Nov. 10 | 9 AM – 6 PM
\$100 Members, \$120 Non-members

The Museum of Flight is the largest independent, non-profit air and space museum in the world! With over 175 aircraft and spacecraft, tens of thousands of artifacts, millions of rare photographs,

dozens of exhibits and experiences and a world-class library, the Museum and its people bring mankind's incredible history of flight to life. We will stop for a no-host lunch nearby.

IKEA & UWAJIMAYA
Saturday, Nov. 19 | 8 AM - 6 PM
\$85 Members, \$105 Non-members

Our first stop will be at Uwajimaya in Renton where we can shop for Asian foods, kitchen items and more. We will then visit IKEA offering 2 levels of Scandinavian-themed shopping including home furnishings, décor, kitchen gadgets, and so much more!

IKEA has a restaurant for you to enjoy a no-host lunch. People rave about the meatballs with lingonberry sauce.

USA VS. CANADA WOMEN'S HOCKEY
Sunday, Nov. 20 | 11 AM – 9 PM
\$110 Members, \$135 Non-members

Climate Pledge Arena will host the first game of the 2022-23 Women's Hockey Rivalry Series between Team USA and Team Canada. Be a part of the action and experience the recently redone Climate Pledge Arena!

HOLIDAY LUNCH AT CHUCKANUT MANOR
Sunday, Dec. 11 | 10 AM – 2 PM
\$36 Members, \$45 Non-members

It is time once more for our Christmas Brunch and yearly visit with Santa Claus. Put on your holiday finery and head up with us to the beautiful Chuckanut Manor with us for a no-host holiday inspired lunch.

TULALIP CASINO & SEATTLE PREMIUM OUTLETS
Thursday, Dec. 15 | 8 AM – 5 PM
\$63 Members, \$75 Non-members

It almost feels like a Las Vegas casino and features a great buffet for a no-host lunch. If you don't feel like gambling, you can enjoy the Christmas sales at the Seattle Premium Outlet Malls or do both, the choice is yours!

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, Nov. 16 • 3 p.m.

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.



What Are You Celebrating Today?

By Robin Bush ISR Communications

A day is set aside to celebrate almost everything. Did you know that this month there is Butterfly and Hummingbird Day, National Noodle Day, Global Handwriting Day, Reptile Awareness Day, National Boston Cream Pie Day, National Oatmeal Day, National Black Cat Day, National Bologna Day, and National Magic Day?

Those may seem surprising, but all occasions are worth celebrating because the ceremony of celebration brings happiness to us and others with whom we have something in common. You may be celebrating with just one person, a group of neighbors, or even a national or global community like in the celebration of Global Dignity Day, United Nations Day, World Food Day, International Day of Rural Women, World Mental Health Day, or International Day of Older Persons. My personal favorite? National Be Nice Day, Oct. 5, because it reminds us of all we should be, and do, and celebrate EVERY day.

This Oct. 5, we ask everyone to pledge to see how many nice things you can do for others in one day. You'll discover that the joy you bring others makes you feel good. So, mark your calendar – Wednesday, Oct. 5. Imagine the world if we all do this together.



Getting Ready for Medicare:

If you are going onto Medicare within the next six months and/or want to know more about Medicare, attend a “Getting Ready for Medicare” seminar on Zoom, offered by SHIBA (State-wide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours.

Information will be provided about:

- “Basic” Medicare benefits
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

ZOOM CLASSES: Wednesday, Oct. 5, 1 p.m. | Wednesday, Nov. 2, 1 p.m.
Register online www.senior-resources.org/shiba

MEDICARE 2023:

Medicare’s open enrollment runs Oct. 15 - Dec. 7. This workshop will concentrate on the changes expected in 2023 with plan details for residents of Whidbey Island. It is important to have the latest information regarding Medicare Part D drug plans and/or Medicare Advantage plans for 2023. Since costs and benefits can change significantly each year, it is critical that everyone is in the plan that best meets their needs at the least cost.

LIVE “IN-PERSON” CLASSES: Attendees are asked to wear a mask.
Register online www.senior-resources.org/shiba or call 360-321-1600 or 360-678-3373.

Mon, Oct. 17	Noon	WhidbeyHealth, 101 N. Main St., Conf. Room A, Coupeville
Tues, Oct. 25	10 a.m.	The Center at Oak Harbor, 51 SE Jerome St., Oak Harbor
Thurs, Nov. 3	1 p.m.	Trinity Lutheran Church, 18341 SR 525, Freeland
Thurs, Nov. 17	2 p.m.	The Center at Oak Harbor, 51 SE Jerome St., Oak Harbor

ZOOM CLASSES: Thurs, Oct. 27, 11 a.m. | Sat, Nov. 12, 11 a.m.
Additional classes may be added in coming weeks.

USING MEDICARE’S PLANFINDER:

This online class focuses on how to use Medicare’s Planfinder, the most used tool on Medicare.gov. You will learn tips to find the best drug plan and/or Medicare Advantage plan that meets your needs. We will cover ways to find much of the ‘hidden’ information and answers to your specific questions.

ZOOM CLASSES: Wed, Oct. 26, 10:30 a.m. | Wed, Nov. 16, 1 p.m.

Individual Consultations:

For more in-depth information, advisors are available for individual consultations in-person, by telephone and over Zoom. To schedule, contact:

- Island Senior Resources in Bayview at www.senior-resources.org or call 360-321-1600 or 360-678-3373 ext 0
- The Center in Oak Harbor at <https://calendly.com/centeroh/shiba> or call 360-279-4580

Pre-registration is required.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and click on the link for each date/time. Not sure how to Zoom? No Problem! Call us at 360-321-1600 or 360-678-3373 and we will walk you through it.

Island Senior Resources 50th Anniversary

Join us for lunch 11:45 - 12:30

Mondays Wednesdays

The Center in Oak Harbor 51 SE Jerome St. Oak Harbor

Leo's Place at Island Senior Resources - Bayview 14594 SR 525 Langley and Coupeville United Methodist Church 608 N. Main St. Coupeville

Donations accepted to help cover the costs of lunch

MEALS ON WHEELS AMERICA 2022 MEMBER

OCTOBER

WEEK 1		
Mon	3	Chicken Sausage Jambalaya
Wed	5	Shepherd’s Pie
Fri	7	Swiss Chicken w/Stuffing
WEEK 2		
Mon	10	Ham & Scalloped Potatoes
Wed	12	Pot Roast w/Potatoes, Beef, Carrots
Fri	14	Tuna Noodle Casserole
WEEK 3		
Mon	17	Sweet & Sour Chicken
Wed	19	Pesto Tortellini w/Chicken
Fri	21	Pepper Steak & Mashed Potatoes
WEEK 4		
Mon	24	Chicken Parmesan w/Marinara
Wed	26	Pulled Pork Sliders
Fri	28	Chili Stuffed Potatoes w/Cheese
WEEK 5		
Mon	31	Pizza and Caesar Salad

FROM THE EXECUTIVE DIRECTOR

Preparing for fall and winter

By Michele Cato, Executive Director, Island Senior Resources

With fall upon us, Island Senior Resources (ISR) is preparing for inclement weather, seasonal illness, and both holiday celebrations and the social isolation of many of our most vulnerable clients. We are taking some practical measures, as many of us do in our own homes, like doing maintenance on our buildings, HVAC, and generators to ensure that our staff and clients remain warm and safe over the winter. In addition, we are updating our emergency procedures and telephone trees so that staff can effectively communicate when snow hits and power lines are down and so that we can work collaboratively

with Island County's emergency services to provide a lifeline for seniors with urgent needs.

We are also gearing up to distribute emergency shelf-stable food to our Meals on Wheels clients. Based on longer snow closures last year, we decided to increase our emergency rations for our clients from one to two weeks' worth. We strongly encourage everyone who receives these provisions, or creates their own emergency pantries in their homes, to avoid eating these foods except in times of emergency.

The shorter, colder days of winter often lead to increased hardship and isolation for many of our clients and your neighbors. I ask all readers to look out for each other. Ask ISR or the sheriff's office to do a wellness check when you haven't seen the senior at the end of your road move about their house in a couple of days, especially when snow hits or the power goes out. Please check on your older and less able neighbors if you can move about safely yourself. Loneliness in winter, especially around the holidays, is one of the biggest contributors to depression and poor self-care among seniors and adults with disabilities. Consider taking over a thermos of hot chocolate and a healthy snack (something that doesn't need re-heating) to a vulnerable neighbor on your block. If you know an older couple is living next door with one caretaking for the other, offer to go in to sit and visit – or watch tv or read a book together – for an hour or two while the caretaker gets a nap or a shower as caretakers need extra support during difficult times. If you don't feel comfortable knocking on a door, leave them a holiday card with a warm greeting.

For seniors and their families who are particularly worried about their or their loved ones' health and well-being during the winter months, please reach out to ISR's Aging & Disability Resources program by calling 360-321-1600 or 360-678-3373, and ask to talk to someone about your concerns BEFORE becoming snowbound, running out of food or heat, or suffering loneliness and depression. We are here to help you prepare for the expected and the unexpected. Please reach out.



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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
- 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

- June Nailon: President
- Kathryn Beaumont: Vice President
- Lori Christian: Treasurer
- Jason Pryde: Secretary
- Jan Bahner
- Nancy Bolin-Romanski
- Mike Etzell
- Chris Schacker
- Executive Director: Michele Cato

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
5518 Woodard Ave,
Freeland, WA 98249
360-321-1600 • 360-678-3373

HOURS

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SNO-ISLE LIBRARIES

Discover Your Ancestry at the Library

Fall is the perfect time to curl up in a cozy armchair and start a personal research project. How much do you really know about your heritage, house, and hometown? Diving into your family history can be rewarding, and even thrilling! Who knows what stories—or legends—you'll uncover once you start looking.

One of the many benefits of your library card is the wealth of genealogy and heritage resources available. Whether you're prepping a presentation for your family reunion or getting to know the first residents of your 100-year-old home, you can access the library's resources to investigate billions of historical records from around the world.

There are multiple ways to access historical records on Sno-Isle Libraries website as well as in person at a community library. With near-global coverage starting from the 16th century, MyHeritage is an online genealogy tool which can be used from your home computer at any time. Use MyHeritage to build out an interactive family tree that can easily be shared with family and friends.

You also have access to HeritageHub, another online tool used to view U.S. obituaries and death notices from 1704 through present day. Obituaries offer a treasure trove of information including details about the individual's professional accomplishments, community relationships, and personal interests.

The world's largest online family history resource, Ancestry Library Edition, can be accessed in person at your local community library. Use census records and city directories found in Ancestry Library Edition to learn more about your house or neighborhood. You can even create a timeline and "family tree" for the house and its former occupants.

Combined, the genealogy databases and Historical Photo Archive at Sno-Isle Libraries include an ever-growing number of images and documents that can be downloaded, saved and printed. Pictures of historic Whidbey Island; immigration and military records; marriage, birth and death certificates; and so much more can be found for the United States and beyond.

Not sure where to start? Just ask a librarian. As librarian Jennifer Forman says, "It is one of my favorite moments as a librarian to watch the faces of library customers when they see an original document for their ancestor for the first time. It's such a direct connection between the customer and their past."

To view the full list of genealogy resources available to you, please visit sno-isle.org/resources/genealogy or speak to a librarian at your local community library.

Preventing Travel-Related Blood Clots

By Robin Bush ISR Communications

It is unclear why some people develop blood clots while traveling and others do not, but it is more likely to occur when the blood flow between your legs and your heart is reduced due to long periods of sitting. Also, if you have had recent hip or knee surgery, have or have had cancer, are obese, have had a previous blood clot, or have an inherited condition called thrombophilia where blood clots readily, you are at a higher risk. What can you do to lower your risk when flying? Move your legs. Stand up often. Tense and loosen your calf muscles. Rotate your ankles. Walk whenever you can. Point and curls your toes alternatingly, and pull each knee toward your chest (hold for 15 seconds). Do each of these several times an hour. When driving for more than an hour, regularly stop to walk and stretch.

Consult with your doctor before you travel. Ask if you should wear compression stockings to reduce your risk.

Lastly, anyone traveling should always be alert to blood clot symptoms in themselves or others. What do you watch for? Any unusual changes in arms or legs, such as redness, warmth, swelling, or pain, mean you should seek immediate medical care. Don't wait and wonder if it will go away on its own. Have it checked out!



from NPR News

"People experiencing a mental health crisis have a new way to reach out for help in the U.S. They can simply call or text the numbers 9-8-8.

Modeled after 911, the new three-digit 988 Suicide & Crisis Lifeline is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

Currently, the majority of people experiencing a mental health emergency end up dialing 911.

The problem is that 911 wasn't set up to address mental health needs. Either callers end up in a frenetic emergency room, waiting for hours and sometimes days to get care, or they end up interacting with law enforcement, which can lead to tragedy or trauma.

Mental health advocates hope that 988 will become a widely known, safer and more effective alternative."

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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.

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WINTER continued from page 1

KEEP THESE SUPPLIES ON HAND

(if it’s too much to gather or purchase these all at once, then get a few each month until you have them all):

- First aid kit
- Flashlight and extra batteries
- Battery-operated radio with extra batteries
- Cell phone with charger and a fully charged backup battery supply
- Backup power supply for any device that would create a life-threatening situation if you should lose power
- Prescription medication for at least seven days
- Personal hygiene supplies
- Back up medical supplies like hearing aid batteries or a manual wheelchair
- Non-perishable food supply for at least five days (for pets too)
- Canned or dried foods (freeze-dried prepared meals can be purchased)
- One gallon of water per person per day for at least five days
- Manual can opener
- Extra blankets and warm clothing
- Shovel
- Toilet paper

TIPS FOR WINTER WEATHER SAFETY:

- Watch for slippery pavement. Be sure walkways and stairs are clear of ice and snow
- Wear boots with non-skid soles, and allow extra time to cross streets
- Wear light or fluorescent-colored clothing at night and carry a flashlight

- Keep your radio tuned in when extreme weather is predicted
- Dress warmly with a hat, gloves, warm boots, a scarf, and warm layers
- Eat enough food, drink water, and stay as active as possible
- Check on neighbors and have them check in on you
- Don’t shovel snow if you have a heart problem or you are not in condition to do so
- Do not heat your home with a BBQ or your gas stove/oven
- Be sure to have smoke detectors and carbon monoxide detectors with fresh batteries.
- Be sure space heaters are three feet from anything that might catch fire
- Winterize your car with anti-freeze, good tires, and windshield wipers
- Bring your cell phone whenever you leave your home and let someone know where you are going
- Carry emergency gear in your car: first aid kit, blankets, warm clothing, jumper cables, windshield scraper, shovel, rock salt or sand, water, dried food, chains, flares, flashlight and batteries

Many helpful resources from the American Red Cross, CDC, AARP, and others are available on the internet. If you need help accessing these, there is a computer in the lobby of Island Senior Resources-Bayview, and our staff can assist you in its use. There are also books on emergency survival available at Sno-Isle library.

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.

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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