



An Irish Splendor

By **Carly Larson** Program Coordinator, City of Oak Harbor Senior Services

Last month a group of 19 travelers from The Center took a Collette tour to Ireland! They boarded the plane at Sea-Tac Airport and flew to Heathrow, London the day of Queen Elizabeth II’s funeral. Fortunately, they arrived and boarded their next plane headed to Dublin, Ireland before the airport was shut down to avoid potential noise disturbances during the funeral. A small group of the travelers had opted for a pre-trip to London so they had already been there for four days and said what a unique time in history to be visiting London.

Once the group arrived in Dublin they were greeted by their tour guide, John, and boarded the tour bus that took them to their first hotel. One of the travelers mentioned how the overall impression once arriving in Ireland was pure awe and amazement. For the next 10 days, the group was busy exploring all Ireland had to offer!

Some of the highlights from their trip included visiting the Cliffs of Moher, touring a local farm and watching the Irish sheepdogs in action, looped through the rugged coastline around the Ring of Kerry, kissed the Blarney Stone, toured the Waterford Crystal factory, visited the 15th-century Mayor’s Wine Vault, and stay in a castle! One of the nights included a medieval banquet dinner, which also came with some entertainment from our very own Whidbey Island travelers! The staff at the venue chose random participants to partake in their dinner show festivities and by much surprise, two of our couples were chosen! Ted and Paula got to be the king and queen for the night for one side of the room while Jim and Sandy got to be the king and queen for the other side. This made for a fun dinner and show with a lot of laughs amongst our group.

What a fabulous trip to Ireland! I was tired when I got home, they had us running the entire time, but we were able to see so much! What a wonderful group of people from Whidbey that went. I did not know anyone except my mom and Aunt before we left. I was able to connect with so many from Whidbey and others throughout the country. I plan to get those of us from Whidbey together for an Irish dinner sometime in the near future. I would highly recommend a Collette tour! ~ Kate H.



Jim in character as the king at the mediaeval dinner

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Family Caregivers: An Unsung Force

by **Megan Owens**, ISR Aging & Disability Resources Specialist

You may have heard the terms “Graying of America” or “Elder Boom” to describe our country’s aging demographic shift. Or perhaps you’ve read an article about the so-called “Silver Tsunami.” One group of Americans is handling this seismic shift in society in their everyday lives, and they are the informal or family caregivers. It’s estimated that unpaid caregivers each year provide roughly 470 billion dollars worth of services – three times that of Medicaid spending for long-term care services in 2017 (AARP, 2019). Given that November is National Family Caregiver Month, it is time to shine a much-needed spotlight on unpaid caregivers, highlighting their efforts, be it triumphs or challenges, and raising awareness of the growing support needs.

An informal caregiver is anyone who provides care to an individual on an ongoing basis, without monetary reimbursement, typically helping with activities of daily living for an older adult or a person with a disability or chronic illness. According to the National Alliance for Caregiving and AARP (2020), most of

this group consists of women (61%), and many fit in the “sandwich generation” (those who are caring for both their parents and their children). Learning new skills and tactics “on the go” is common for family caregivers to be able to adapt to changing care needs.

The ability to age in place is often the primary goal for most older adults; increasing support in the home is usually taken on by the family caregiver. No matter the long-term goal or the current care plan, multiple factors help to determine the outcome. Getting information on community resources through an aging and disability resource specialist at Island Senior Resources, coupled with a caregiver’s creativity and perhaps a dash of tenacity, makes for a good foundation. However, weaving together available community resources can still be a daunting task. Although caregiver burnout is very real, family caregivers may also benefit from the care experience through the opening of new social

CAREGIVERS continued on page 3



DID YOU KNOW?

One out of four seniors live alone.

~Elderly Loneliness Statistics (2021): Social Isolation Effects (consumeraffairs.com)



Gifts of Connection is making sure those seniors who are alone for the holidays are remembered. For more information about receiving a gift or donating, please see page 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

FROM THE EXECUTIVE DIRECTOR

In appreciation of all unpaid family caregivers in our community – your service is critical and undervalued!

By Michele Cato, Executive Director, Island Senior Resources

I have been fortunate not to have yet been needed as a long-term caregiver for anyone in my family. My caregiving responsibilities lasted no more than a few months or were shared with others – yet long and challenging enough to feel great empathy and appreciation for the many unpaid family caregivers in our community. THANK YOU to all caregivers. You serve not only your loved one, but you fill an important and too often unmet need

At Island Senior Resources (ISR), I have witnessed many senior couples, older children with elderly parents, and others advanced in years caring for those of similar or even greater age. ISR is here to provide some resources, counseling, and relief. Still, it is not enough, especially in a rural island community unable to easily access medical and respite care or paid caregivers. ISR is committed to seeking best practices and enhancing/expanding available resources for family caregivers.

I was a teenager as my aging grandma took care of my mom for two years as she was dying of stomach cancer at home in rural Washington without access to hospice or any in-home nursing. Later, as a single working parent living in Washington, D.C., I traveled home several times for the final five months of my aunt’s bout with tongue cancer. I was the only one in the family available to provide care after she, in her denial and anger, refused all care coordination, medical treatment, or social services support.

Despite my own experiences, I cannot imagine what it must be like for an 80-year-old wife with hip and back problems to care for her 85-year-old husband with dementia and diabetes for over 20 years on a low fixed income, no driver’s license, and no other family nearby. While I am not describing an actual person, this is not an uncommon scenario. If this describes you or a loved one now or might in the future, give ISR a call (360-321-1600 or 360-678-3373) and ask to speak with an Aging and Disability Resource professional. We are here to help you access resources that might ease your caregiving burden. I encourage you to talk about YOUR needs as a caregiver, not just the needs of the person you care for. Your health and well-being are essential – remember to put on your life vest or oxygen mask first! Thank you, caregivers, for all you do, and BE WELL!

Same Family, Different Endings: A Stark Comparison in Aging

by Melissa Overbury-Howland, ISR Staff

I never imagined two people could have such different aging experiences within the same family.

At 89, my British grandmother lived in the comfort of her home near London. Bought in the 1960s, her house was lovingly tailored: every room held our pictures, a trinket attached to a memory. My grandfather’s greenhouse still stood at the bottom of the garden, and my Nanny took great care in laying out her Denby tea set beside some biscuits every time we visited.



Nanny walked slowly, but she knew every step of her house. Social Services installed a walk-in shower, railings throughout the house, and a lift chair to reach the second floor; she hired a weekly cleaner and gardener and arranged food delivery. She was a coeliac, so courtesy of the National Health Service, she received special food free of charge and had a district nurse come to her home regularly to ensure she was well. She was sharp, laughed a great deal, and enjoyed life. She was happy.

In 2016, she took a nasty fall, which knocked her confidence to live alone. She decided it was best to move into a care home where she could have more support and safety. She passed away at 90, ten months after leaving her home.

My American grandmother sadly did not share the same happy story. Grandma lived in Florida and was admitted to a long-term rehabilitation center in 2012 at 82 after a hip fracture. She was placed in a shared, bare-walled room with an old TV and dusty blinds. She never returned home. Instead, she lived out the rest of her life in full-time care facilities.

The level of neglect she endured is maddening, and I still grapple with the fact that I understood the abuse too late. The incidents were many and ongoing, some as simple as not giving her a daily wash, even of her hands and face. 2015 however, was the turning point. After repeatedly pressing the call button for nearly half an hour and it being ignored, my grandmother walked to the bathroom, slipped, and fell onto the tile floor. She was in extreme pain. It took another 20 minutes before someone answered her call button.

After that, Grandma became entirely bedridden, as osteoporosis took its toll and walking became too risky. She would watch television or chat with anyone who would care to listen. But then, those activities were robbed from her. At the age of 85, Grandma’s hearing loss became the most isolating factor of



her aging. We would sit at her bedside, but no amount of shouting would help drive a conversation. Finally, we resorted to writing, but that quickly became too cumbersome, as her eyesight started deteriorating too.

By the final year of her life, Grandma was barely there. She had lost her hearing, her eyesight, and her ability to move, and finally, she lost her cognitive

abilities. Visiting became painful as dementia settled in.

In 2019, Grandma passed away, also at the age of 90, having lived out the last decade of her life in what was essentially a shared hospital room.

Same family, different endings. The contrast is stark, and to me, it stemmed from the lack of resources available to my American grandmother. I am not here to toot the British health care system but rather expose the gaping absence of coordinated care that should be available.

I ask myself: What if we had had access to a care manager or could have afforded the equipment to keep my grandmother in her home? What if a caregiver could have checked in on her or there had been an organization to deliver my grandmother’s meals or provide transport to medical appointments? If such resources did exist where she lived, we were never told about them.

The contrast shouldn’t exist. Island Senior Resources should not have to exist. But there are too many gaps in care that should be a basic human right: to age gracefully, to deserve respect in old age, and to maintain a sense of dignity even through our ailments.

If what we do here at Island Senior Resources improves even one person’s aging, we are doing it right. For assistance, call us at 360-321-1600 or 360-678-3373.



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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

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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.

CAREGIVERS continued from page 1

connections, learning a new skill, or feeling useful by fulfilling a need for a loved one, such as setting up Meals on Wheels deliveries or trying a new care approach for a person with dementia.

Caregiving is an essential public health service and should be more widely acknowledged and supported. There are approximately 9.5 million more family caregivers today than in 2015, bringing the total number to 53 million in 2020 (NAC & AARP, 2020). As an aging society and caring majority, we can come together as a community and harness the power of the Elder Boom era. As demand for community resources increases, so too must the volume of our collective voice in demanding more significant investments in caregiver support; not unlike your local library that will make a book available if enough patrons request it, simply making the request sends a strong signal. Family caregivers are the canary in the coal mine; it starts with you.

Asking for help is not always easy, but I'm here to tell you that it's happening every day, and it's never too late; let curiosity in, and if you don't get the answer you need, maintain your curiosity and



keep asking. Focus on what you as a care provider can reasonably accomplish and know your limits. Join a support group, get connected in whatever way possible to stay informed on the resources around you – support each other.

Providing a successful aging experience while maintaining other responsibilities, including time off to prevent burnout, can be challenging. Family caregivers have no shortage of compassion; caring is the most important part of care work, everything else can be learned. That is where we at Island Senior Resources can help provide necessary information and resources to the growing older population and their caregivers to remain in their own homes and environment as the aging journey continues.

**** Watch our Facebook page throughout November for great resources for Family Caregivers at www.facebook.com/islandseniors.

Do you know what to do with any old, expired, or unused prescriptions?



Please do not throw them in the garbage! If not properly disposed of, medicines will leach into our drinking water, lakes, rivers, streams, and Puget Sound.

On South Whidbey there is a kiosk at Rite-Aid Pharmacy at 1609 E. Main St. Freeland.

In Oak Harbor there is a kiosk at Rite-Aid at 31645 State Route 20, Oak Harbor.

Near Camano there are kiosks at Rite-Aid 26817 Ave. NW Stanwood, or QFC Pharmacy at 27008 92nd Ave. NW Stanwood, or Bartell Drugs at 7205 267th St NW Stanwood.

GIVING TUESDAY

November 29

BE THE GOOD IN YOUR COMMUNITY!

November 29 is Giving Tuesday, a global day of giving! Nestled amongst the chaos of Thanksgiving and Black Friday and Cyber Monday, it is a day to give back to your community, a powerful opportunity to unleash a wave of generosity. Whether you volunteer, donate, or hold a fundraiser, foster kindness this year. Go to <https://senior-resources.org/donate/> to learn more. With you, Giving Tuesday is no ordinary Tuesday.

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IMPOSTERS EVERYWHERE

By Tony Leahy, Consumer Education and Training Services (CENTS) Executive Director

CENTS is a nonprofit organization that empowers people to improve their financial health by developing educational and legal resources to help prevent or overcome financial challenges. Their Senior Money project is a free consumer education program for seniors.

In an imposter scam, someone pretends to be someone else to get your personal and/or financial information. According to the Federal Trade Commission, this was the number one reported scam category in 2019 and remains at the top of the list today.

ANYBODY CAN PRETEND TO BE ANYBODY

A scammer can pretend to be from a government agency, like the IRS, a business like Bank of America, or a family member or friend. Scammers even pretend to be a love interest on social media and dating websites.

TELL-TALE SIGNS OF A SCAM:

- The government agency or business asks for sensitive information over the phone, text, or email.
- They contact you to get sensitive information they should already have.
- They ask you to wire money or send it via an untraceable manner, such as Money Pak/Green Dot cards.
- Someone you don't know well asks you for money.

STEPS TO FOLLOW TO AVOID IMPOSTER SCAMS

- Don't be rushed, pressured, or make a decision in a panic. Scammers try to scare you, so you act without thinking things through.
- Verify you are communicating with who you think you are. Don't just respond to the number in the email, voicemail, or text. Look up the correct number in the phone book, on your bill, or online. I am sad to report scammers are now setting up imposter websites, so you want to make sure you contact a legitimate business or government agency if you look it up online.
- Be very judicious when you provide personal and/or financial information. Do not provide this over text or email.
- Do not wire money or send it in an untraceable manner.
- Don't loan money to people you don't know well. If you decide to lend someone money, even someone you know, make a contract and make sure you have that person's name, address, and contact information.

For more information, there are helpful videos and resources at www.SeniorMoney-Project.org and www.CENTSPProgram.org.

SNO-ISLE LIBRARIES

Stay Connected to the Library with Books by Mail

Sno-Isle Libraries is celebrating the 75th anniversary of the Library on Wheels program! Library on Wheels engages with the community in many ways—you may have even seen our Bookmobile driving around the region.



Over the decades, Library on Wheels has brought the library to thousands of customers—we have a vision of connecting everyone in the community to a library, and that means providing equitable access for people who may face barriers to library access.

One of our efforts to connect with customers is our Books by Mail service, which delivers library materials to people who are unable to visit a library building due to a long-term disability, COVID concerns, or the temporary closure of the Edmonds Library. Books by Mail also serves senior living and care communities.

Books by Mail is personalized service than a traditional library experience. Customers can tell the Books by Mail librarians about their favorite genres and titles, and the team takes great care in curating similar items for the customer.

The Library has been operating a Books by Mail program for many years, but it became an especially treasured program during the early days of the pandemic and ensuing lockdowns. Since March 2020, the number of Books by Mail customers has grown by

233 percent, and it has become a beloved method of accessing the library.

Some Books by Mail customers treat their book deliveries and returns like pen-pal communication. "We get so many nice notes and letters from people when they send their packages back. You can

see how much people really appreciate it," says Sno-Isle Libraries circulation supervisor Melissa Borders. Librarians may not be sending customers letters, but they're sure to include a silly joke on the standard receipt inside the reusable envelope that books are sent in. It's the little things that have the power to bring joy and connection.

How does Books by Mail work?

1. After your application is approved, place a hold with "Library on Wheels" as your pickup location.
2. We pack a reusable envelope with your items and ship them to your door. Shipping can take up to two weeks, so Books by Mail items have extended due dates.
3. Returns are easy—postage is pre-paid! Simply mail the items back to us in the envelope you received them.

To become a Books by Mail customer, customers can call Library on Wheels at 360-651-7059 or fill out an application form online at www.sno-isle.org/books-by-mail-form.

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Questions and Resources for Dementia Caregivers

By Robin Bush ISR Communications

Many of us find ourselves becoming family caregivers, caring for a loved one with dementia. But do you know where you can find information about dementia and caregiving? Do you know how to assess if you are able and willing to provide care and/or assistance?

Island Senior Resources Family Caregiver Support Program and our Aging & Disability Resources staff are your first step to answering many of your questions. We also have an Alzheimer's and Dementia Caregivers Support Group that meets weekly via Zoom. Reach us through www.senior-resources.org or call 360-321-1600 or 360-678-3373 for assistance.

For those who wish to deepen your understanding of the disease and the challenges of caregiving, here are some resources that might be helpful:

Alzheimer's Association®
alz.org
800.272.3900

Provides disease education, support groups, and personalized care consultation in person, online, and through a free 24/7 Helpline. Care consultants are available to talk all day, every day via the 24/7 Helpline, and support groups take place in communities nationwide.

Alzheimer's Disease Education and Referral (ADEAR)
nia.nih.gov/alzheimers
800.438.4380

Offers disease information online or by phone for individuals with Alzheimer's or other dementias and their families.

Administration on Community Living
alzheimers.gov

Supports individuals living with Alzheimer's or other dementias and their caregivers by increasing access to community resources.

ALZConnected®
alzconnected.org

Online community that connects you with others who are also caregiving, get advice, and get questions answered.

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




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360-678-3373**



**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 – 11:30 a.m.**

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

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


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.



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, Nov. 2, 1 p.m.
Register online www.senior-resources.org/shiba

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.

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: 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, 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.


Mark Your Calendars!

NOVEMBER

**Island Senior Resources will
be closed in observance of
Veterans Day
Friday, Nov. 11
(The Center will be open)**

**Island Senior Resources and
The Center in Oak Harbor
will be closed in observance of
Thanksgiving
Thursday, Nov. 24
Friday, Nov. 25**





NOVEMBER

Contributions to cover cost of meals are appreciated

WEEK 1		
Wed	2	Chicken Cordon Blue
Fri	4	BBQ Chicken Legs
WEEK 2		
Mon	7	Beef Stroganoff w/Mushrooms
Wed	9	Honey Pecan Pork Loin
Fri	11	Veteran's Day – No Meal Service
WEEK 3		
Mon	14	Meatloaf w/Mashed Potatoes & Gravy
Wed	16	Happy Thanksgiving Lunch, Turkey & Fixing's
Fri	18	Chicken Tenders w/Honey Mustard Dressing
WEEK 4		
Mon	21	Rueben Casserole
Wed	23	Lasagna w/Meat Sauce & Marinara
Fri	25	Happy Thanksgiving – No Meal Service
WEEK 5		
Mon	28	Teriyaki Chicken & Stir Fry Vegetables
Wed	30	Chicken Slider on Bun & Soup

Daily Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 EnhanceFitness	8:45 Yoga	8:45 EnhanceFitness	8:45 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	1 Line Dance		11:45 Music with Rene (1st Thursday)	
1 Art	1 Knitting/Crocheting		12 Canasta	
2 Clogging	6 Lapidary (By Appt.)		1 History Class	

Membership Spotlight – Ruth Owen

Over 20 years ago, Ruth kept seeing old rugs in Country Living magazine going up for auction and she couldn't believe she hadn't seen anything like them before, especially since her father was an antique dealer. Ruth couldn't stop thinking about the handmade rugs and wondered about the history of them. She got on the internet and found a lady who was located two hours north of her that was teaching classes. Ruth took one lesson from her, and it didn't go as well as she had hoped. The instructor was teaching traditional style rug hooking and had a different idea of what a finished piece should look like than Ruth had in mind. Instead of giving up, Ruth took the bits that she learned from the one lesson and started teaching herself how to rug hook. Ruth does what is known as a primitive style rug hooking where she uses found and recycled materials to make her rugs and draws her own designs instead of using a pattern.

When Ruth's father found out about her newfound passion, he couldn't believe it

because his parents were rug hookers as well! Her grandparents were from Prince Edward Island in the east part of Canada, so it made sense because rug hooking was very common in that region. Unfortunately, once Ruth had discovered this family tradition, her grandparents had already passed away, so she was unable to learn from them or share her pieces with them, however she finds it special that she keeps the family legacy going with rug hookings of her own.

After moving to Oak Harbor in 2010 she got involved in The Center's Monday art class and would work on her rug hooking while most of the others in the group painted. Although Ruth has many artistic talents and interests, she really wanted a

time and space for those that do textile and fiber arts to meet together and in hopes to find some more enthusiastic rug hookers like herself, so she started the Wednesday afternoon textile group at The Center.

Ruth simply said, "Oak Harbor is an ideal place to live and as an artist it's a very inspiration place." Some of Ruth's long-time friends from her previous residence in southern California can attest to that because they moved to the area after visiting Ruth and falling in love with Whidbey Island themselves. She mentioned how she gets the best of both worlds getting to live in such a beautiful, artist friendly place and close to her longtime friends.

When Ruth isn't working on a rug, she likes to spend time with her husband on their property in Oak Harbor. They have a large vegetable garden and frequently will bring in produce to share with us at The Center. Ruth also has geese, runner ducks, and rabbits that she adores. Often, she will incorporate ducks and geese into her rugs and artwork. Currently Ruth and her husband are looking at expanding their little "farm" by adding some goats!


We are fortunate at The Center that Ruth shares her talent and skills with us. If you are a textile artist yourself or interested in learning about rug hooking stop by The Center on a Wednesday at 1 pm to check out the textile group and meet Ruth!



Ruth enjoying the sunshine on her property with her pet geese.



Ruth leading the Wednesday afternoon Textile Group at The Center.



Unity of Whidbey

Sundays In-Person; 10 am
5671 Crawford Rd, Langley
Zoom service link online
unityofwhidbey.org

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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CLASSES and EVENTS

at The Center In Oak Harbor

CLASSES AND PROGRAMS

Oak Harbor Police Department Scam & Fraud Presentation

Wednesday, November 9 | 2 PM

Learn how to identify & protect yourself from scams & fraud, and what to do if you have been a victim.

Now offering Tai Chi!

Tuesday & Thursdays | 10 – 11 am

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

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.

ENHANCEFITNESS & YOGA

Month: \$25 members, \$30 non-members
Drop-in: \$5 members, \$7 non-members

EnhanceFitness

Monday, Wednesday, and Friday

8:45 – 9:45 AM

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises, and stretching.

EnhanceFitness Low Impact

Monday, Wednesday, and Friday

10 – 11 AM

The low impact Enhance Fitness 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.

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

Yoga

Tuesday & Thursday | 8:45 – 9:30 AM

A gentle yoga class taught by owner of Lotus Tea Bar & Studio, Maria McGee.

FITNESS

Free Fitness Classes

The Center is a Silver & Fit and Renew Active facility which means if you qualify for these programs through your insurance provider you can participate in Tai Chi, Yoga, and EnhanceFitness at no cost. Please check with a staff member to verify your eligibility.

EVENTS



Holiday Market

Saturday, December 3 | 9 AM – 2 PM

Come shop our Holiday Market with over 30 vendors you will be sure to find some great unique gifts, handmade items, and so much more! Interested in being a vendor? Rent a 6-ft table space for \$40 by scanning the QR code or giving us a call.



Holiday Lunch

Tuesday, December 20 | 12 PM

\$20 Per Member, \$30 Per Non-Member

Enjoy a meal of holiday favorites with live holiday music and program. Registration required. Register by Friday, Dec. 16.



Gifts of Connection for Seniors

The North Whidbey Coalition on Vital Aging wants to acknowledge older adults who would like to be remembered during this holiday season. We particularly like to serve those who are low income or socially isolated.

Recipient Information

Forms can be picked up at The Center in Oak Harbor and must be returned by Monday, November 7th. Alternatively, you can complete this form online by opening the camera app on your tablet or phone and scanning this QR code, or go to online to surveymonkey.com/r/GofC2022

The only eligibility requirements to participate are that you must reside north of Libbey road on Whidbey Island and be 60 years of age or older by December 31, 2022.

Donation & Volunteer Information

Purchase Gifts: The wishlist will be available after November 14th online at: secure.rec1.com/WA/oak-harbor-wa/catalog. All gifts must be returned by Dec 12th to The Center in Oak Harbor.

Donate funds: Monetary donations are welcome and will be used to purchase gifts from the wishlist. Monetary donations can be made at The Center in Oak Harbor.

Volunteer: Sign up to help wrap gifts, write cards and organize gifts.

For questions or assistance please contact Christina Benjamin at 360-279-4582.

Gifts of Connection is sponsored by

Whidbey Island Genealogical Searchers

will hold their
“ANNUAL MEETING and ELECTION”
in person at Oak Harbor Lutheran Church, 1253 NW 2nd Ave
Tuesday, Nov. 15 • 1 p.m.

Local resident, Deborah Wallin, will present “MENNONITE HISTORY & GENEALOGY.” She will talk about Mennonite history in general and how to research Mennonites.

ALL ARE INVITED TO JOIN US

OPEN HOUSE

THURSDAY, NOVEMBER 17, 3:00 - 6:00 P.M.
165 SW 6TH AVENUE, OAK HARBOR, WA 98277

Tour Summer Hill’s newly remodeled one bedroom apartment. Featuring over 600 square feet of living space, this apartment is amenity-rich and includes upgraded floors and lighting, a full kitchen with a dishwasher, range, and microwave. Plus, this beautiful apartment is conveniently located near our dining room and main entrance.

Meet and greet with Director of Sales & Marketing Karen Ray and Executive Director Leslie Burns and enjoy hors d’oeuvres, wine, and sparkling cider.

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Senior Living

Call or text Karen Ray to RSVP at 360-672-6047 or email info@summerhillsenior.com

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IRISH continued from page 1

After spending 10 days in Ireland, a few of our travelers headed back for Whidbey, but most of them chose to extend their trip with three days in Scotland. Another country full of history, beautiful buildings, and breathtaking sights. Cindy said, "I was impressed by Scotland and could have easily spent another week there, it was beautiful." Although the group wasn't ready to leave, they departed Scotland and headed back for home and made it safely.

Overall, the group had a splendid time in Ireland and made lasting memories. We are so glad we can make these opportunities for our community members, to explore other countries and cultures and make new friendships along the way, a possibility. If you missed this trip and would like to participate in an extended travel trip next year, we will be offering a tour to Greece in the fall of 2023 For more details, join us at The Center Nov. 16 at 11 a.m. for a presentation.

TRAVEL LOG

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!

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!



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SPECIAL TRAVEL PRESENTATION
11.16.2022
11 AM

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