



Keys to Healthy Aging – Part 2: Having A Sense of Purpose

By Robin Bush ISR Communications

In our quest to explore the keys to healthy aging, last month, we looked at how our reaction to change can affect our aging process. Now it's time to consider the profound impact having a purpose in your life can have on your health and well-being. For years, your sense of purpose may have derived from the work you did and how that work benefitted others. However, as you age and circumstances change, those changes create opportunities to apply what you have learned in your years to new ways that continue to fulfill your purpose.

Older Americans are often told to sit back and take a well-deserved "rest." Actually, one of the things that makes the most difference in healthy aging is to get up out of your chair and do something you feel is important. Our purpose can also be described as our "calling" or driving force. It is our guiding light to building a satisfying life. So, ask yourself, what feels important to me? It's not about whether you take on a new hobby; it's about whether mastering that hobby means you can do something valuable with your knowledge, like teaching someone younger a skill that will improve their life. It's about identifying what mark you want to leave on the world that will make it a better place because you were here.

"People with a strong sense of purpose tend to weather life's ups and downs better." (Anthony Burrow, College of Human Ecology at Cornell University). He identifies that purposeful people tend to live longer and are less sick. Why is that? "Purpose," he says, "is the active ingredient that helps us stay stable." "Higher levels of purpose in life have also been associated with better sleep and can reduce the risk of heart disease and stroke." (Mt. Sinai Medical Center, 2015). Research has also shown that having a sense of purpose decreases depression, anxiety, loneliness, and the risk of developing Alzheimer's.

"With purpose and the right mindset, aging is not weakness but strength." Dr. Marc Agronin (The End of Old Age). Dr. Agronin believes we can step beyond the 'stagnant

PURPOSE continued on page 8

Leaning Into Joy & Embracing Grief

By Carly Larson

Program Coordinator, City of Oak Harbor Senior Services

A man lived his whole life trying to live "right in the middle", meaning he would try not to get too excited or joyful about life. That way, if things didn't work out, he wasn't too disappointed. Then if they did work out, it was a pleasant surprise. However, when his wife of 40 years died and he realized she was gone, his first thought was how he should have leaned harder into those moments of joy, because trying to live in the middle didn't protect him for the pain he was feeling in that moment of loss. His story is a great reminder that love and grief come together, because without love we wouldn't have a reason to grieve and by loving we are risking the unavoidable chance for grief.

During February, also known as the month of love, you will find many articles talking about romance, in school we wrote notes and passed out candies to show our friends we cared, and random acts of kindness are encouraged. Many people will decorate in red, pink, and hearts! During the month we recognize love, relationships, and romance however, many of us forget to recognize grief during this month. I feel that we emphasize the importance of a special relationship in our life right now but avoid and

Friends Deni & Lilia striking a pose together while volunteering at The Center



overlook past relationship. It appears there is almost a negative connotation with grief and the past, whereas a more positive emphasis on current relationships.

This February I want to take a different approach at viewing the "month of love" and view it not only as a time to note current relationships and share our love, but also remember and honor our past relationships and process the grief in

LEARNING continued on page 3



A group of ladies enjoying each other's company at The Center after a community lunch hosted by the Oak Harbor Senior Center Foundation

DID YOU KNOW?



Having a positive sense of purpose in life may be able to reduce cognitive decline by 50 percent."

- Majid Fotuhi, M.D. affiliate at John Hopkins Howard County General Hospital

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

Daily Program Schedule

MONDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting & Textiles
- 10 EnhanceFitness (Low Impact)
- 10 Mah Jongg
- 11:45 Lunch (ISR)
- 12 Bunco
- 12 Ping Pong
- 1 Art
- 2 Clogging

TUESDAY

- 8:45 Yoga
- 9 Billiards
- 9 Lapidary
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 11 Tech Drop-In
- 11 Mexican Train
- 1 Line Dance
- 1 Knitting/Crocheting
- 6 Lapidary (By Appt.)

WEDNESDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Lapidary
- 10 EnhanceFitness (Low Impact)
- 11 Duplicate Bridge
- 12 Ping Pong

THURSDAY

- 8:45 Yoga
- 9 Billiards
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 10 Wii Bowling
- 10 Wire Wrap
- 11:45 Lunch
- 1 History Class (begins 1/12)

FRIDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting & Textiles
- 10 EnhanceFitness (Low Impact)
- 12 Pinochle
- 1 Line Dance
- 2:30 Ping Pong
- 7 Social Dance (2nd Friday)

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



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

Cancelation Notice: No Social Dance Friday, Feb. 10

Member Spotlight: Les MacCormick

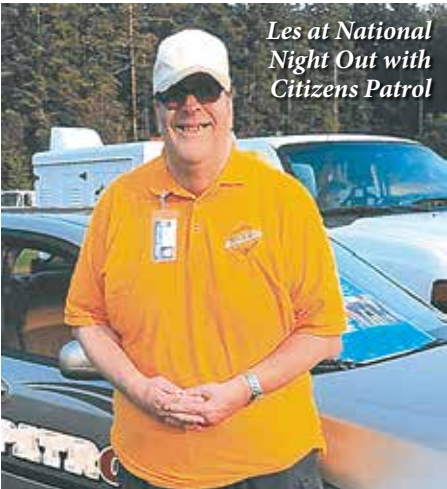
By Christina Benjamin
Program Assistant, City of Oak Harbor Senior Services

Les was born in Deer lodge, Mont., and moved to Whidbey in 1974 with his mother Violet. He met his wife Emily after moving here and married her in 1987. When Les arrived on Whidbey Island he started working as a security guard at the refinery in Anacortes. Since then, he has held a variety of jobs around the island, those jobs included being a Reserve Patrol Officer with Oak Harbor Police Department from 1974 to 1980. He then went on to work at Whidbey General Hospital now known as Whidbey Health where he worked for 23 years and retired in 2010. After Les retired he went on to be a Citizen on Patrol in Oak Harbor.

A highlight of Les’s working career was one day while working at Whidbey General he heard cries coming from the ER. He walked in and asked if they needed his help. They said “yes, Les we would love for you to help”. He then met a young boy that was crying in pain, and he helped him forget about the pain with all the jokes he told him. He received a letter from the young boy thanking him and stating how he helped him deal with the pain.

If you have ever had the pleasure to talk

with Les, you will learn a lot about his careers and accomplishments on the island and he will tell you a joke or two. The most recent joke he told me was “What do you call a cow that gave birth to a calf? De-Calfeinated”. I asked him what he likes to do in his free time, and he said, “roam around.” You will find Les here at The Center in Oak Harbor playing Mexican train or even participating in the Oak Harbor Police Departments Citizens Academy which he just completed recently for the second time. Next time you see Les ask him if he has a joke for you.



DISCOVER THE ISLAND’S BEST CANNABIS

ISLAND HERB

Phone and online ordering available through Leafly

MEDICAL & RECREATIONAL MARIJUANA | WHIDBEYISLANDHERB.COM
360-331-0140 | 5565 VAN BARR PLACE, UNIT F, FREELAND | OPEN MON - SUN 9AM - 7PM

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

LEARNING continued from page 1

our lives. At some point we have all lost someone dear to us and will go through grief in our lives, instead of avoiding it this month lets embrace it! Celebrate a past relationship and take a moment to grieve the loss of that loved one. Remember grief is a source of love so don't feel ashamed to experience heart-ache from a loss of a loved one regardless if it was recent or in the past.

As we continue through the month lets embrace our current relationships and recognize the special people in our life, but also take the time to remember our past relationships and note the love we have for them. Additionally, continue to take the time to show love for each other throughout the rest of the year and lean into those joyful moments! Loving others is a precious gift we have, so don't forget to show your love and appreciation to others!



Pre-Order Your
VALENTINES GRAM
Treat boxes

Order one for you and one for a friend!
Small treat box for 1-2 people \$8/\$10
Large treat box for 2-5 people \$12/\$15

Want it delivered on Valentine's Day to someone in Oak Harbor? Delivery \$5 per location. Also available for pick up at The Center from 10:30 AM -3:00PM on 2.14.23

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.

FITNESS

Month: \$25 members, \$35 non-members
Drop-in: \$5 members, \$7 non-members
*(+3 day use fee)

EnhanceFitness

Monday/Wednesday/Friday

8:45 – 9:45 a.m.

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

EnhanceFitness Low Impact

Monday/Wednesday/Friday

10 – 11 a.m.

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.

Yoga

Tuesday/Thursday | 8:30 – 9:30 a.m.

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

Tai Chi

Tuesday & Thursdays | 10 – 11 a.m.

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.

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.

CLASSES & PROGRAMS:

History Class:

America Before Columbus

Thursdays, Jan. 12 – March 16

1-3 p.m.

\$40 for members, \$90 for all others (includes day use fees)

Instructor Debbie Wallin will guide you through the history and culture of Native Americans before the arrival of Europeans.

Educational Series:

Fraud Prevention

Wednesdays in February, 2 p.m.

No fee/pre-registration • Everyone Welcome

A four-session course on fraud prevention to help protect you and your devices in these technology dense times.

Feb. 1: Computer Safety

Feb. 8: Financial Protection

Feb. 15: Scams

Feb. 22: Romance Scams & Identity Theft

AARP Free Tax Preparation

Fridays, Feb. 3 – April 14

Appointments are available for free tax preparation by the AARP Foundation volunteers. Please visit our website oakharbor.gov/365/AARP-Tax-Aide or call The Center to book an appointment. Walk-ins will be taken as time allows. Be prepared for substantial wait times if you do not have an appointment. Appointments strongly encouraged and will book up quickly.



GET BACK IN ACTION.

Laser therapy is clinically proven to reduce pain and restore mobility.

*Ask about Double-blind studies and recent endorsements by the APTA & WHO

DEEP TISSUE LASERTHERAPY™

FREE CONSULTATION FOR LASER THERAPY WITH THE FIRST 3 PEOPLE WHO CALL!

lightforce therapy lasers



CALL RUE & PRIMAVERA TO SCHEDULE AN APPOINTMENT

Rue & Primavera Physical, Occupational and Hand Therapy
765 Bayshore Drive • Ste 102 • Oak Harbor • 360-279-8323
432 3rd St • Langley • Soundview Center • www.rueandprimavera.com

Seniors* Get 15% Off on the 15th of Each Month!



Freeland
ACE
Hardware
The helpful place.


1609 E. Main Street
Freeland
360-331-6799
Monday–Saturday 8am–7pm
Sunday 9am–6pm
freelandacehardware.com

*Age 65 and over, just show your driver's license at the cash register.
(Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

Hearing Health Services

WHIDBEY'S PREMIER AUDIOLOGY CLINIC

The care you need and quality you deserve.




WHIDBEY NEWS GROUP
★ 2021 ★
THE BEST OF WHIDBEY
READERS CHOICE AWARDS

Dr. Kristine Jarrell

We are committed to delivering invaluable care through thoughtful consideration and expertise to provide a personalized experience that is unmatched.

Contact us for a consultation and hearing assessment.



20 N.W. Birch Street, Coupeville
360-678-1423 • coupevillehearing.com

Celebrate Pie Day

PIE TASTE OFF

Tuesday, March 14th
10:00 AM - 11:30 AM
\$7/\$10 per tasting box

Each box contains a sampling of delicious pies from local area bakeries and vote for your favorites!



Love is in the air at Regency!

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE
RESPITE CARE

REGENCY ON WHIDBEY
RETIREMENT & ASSISTED LIVING
A Regency Pacific Community • Bringing Independence To Living And Quality To Life

TOURS WELCOME
CALL TODAY! 360-279-0933

1040 SW Kimball Dr • Oak Harbor • 360-279-0933 • WWW.REGENCYWHIDBEY.COM

FREE PICK UP - DELIVERY AVAILABLE



Habitat for Humanity
of Island County

Two Locations To Serve You
www.islandcountyhabitat.org
1592 Main Street FREELAND
360.331.6272
290 SE Pioneer OAK HARBOR
360.675.8733

Your donations & purchases help build a world where everyone has a decent place to live.

Compare Our CD Rates

Bank-issued, FDIC-insured

6-month 4.45 % APY* Minimum deposit \$1000	1-year 4.60 % APY* Minimum deposit \$1000	2-years 4.50 % APY* Minimum deposit \$1000
---	--	---

* Annual Percentage Yield (APY) effective 01/20/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.

COUPEVILLE

Chris Renfro
502 N. Main St
360-678-6580

FREELAND

Melissa S Cates, AAMS®
1688 Main St, Suite 101
360-331-4450

Kristi K Price
1688 Main St, Suite 101
360-331-4450

OAK HARBOR

River Powers
380 SE Pioneer Way, Suite 102
360-720-2236

Gene Kelly Barner
144 N E Ernst St, Suite C
360-675-8239

OAK HARBOR

Jeffrey C. Pleet, CLU, ChFC
630 SE Midway Blvd
360-679-2558

Eric L Schelling
715 SE Fidalgo Ave, Suite 103
360-679-2527

Gregory A Smith, AAMS®
275 SE Cabot Dr A7
360-679-2304

Aaron Tabor
275 SE Cabot Dr A7
360-679-2304

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

TRAVEL LOG

DAY TRIPS:

NORTHWEST FLOWER AND GARDEN FESTIVAL
Thursday, Feb. 16 | 8 AM – 8 PM
\$130 for Center members
\$160 for all others

We are heading back to the annual Northwest Flower and Garden Festival held at the Washington Convention Center in Seattle where you will find over 20 spectacular display gardens along with 300 exhibitors featuring unique flowers, garden tools, hand-crafted wares, and specialty items. Just the beautiful scenery is worth going for! Grab a bite to eat at the Festival Café or one of many nearby downtown restaurants. Price includes admission into the festival.

THE SPACE NEEDLE AND CHIHULY
Wednesday, March 22 | 8 AM - 7 PM
\$160 for Center members
\$195 for all others

This fun filled day in Seattle will start at the top of the Space Needle where you can take in incredible views of mountains, water, and the city. You will get a chance to step onto The Loupe, the world's first and only rotating glass floor. Next, we visit the Chihuly Garden and Glass Museum where you will find spectacular, one-of-a-kind pieces of artwork. With eight galleries, three Drawing Walls we will have plenty to do! Enjoy a no host lunch in the Chihuly Café, the Center House, or at a variety of neighboring eateries. Cost includes entrance to Space Needle and Chihuly.



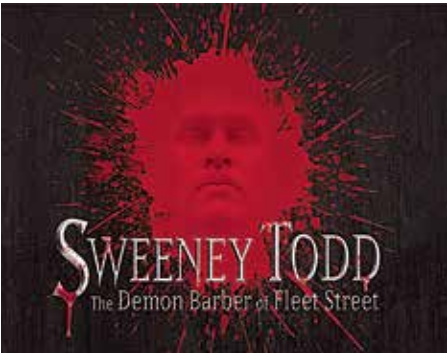
SEATTLE UNDERGROUND TOUR
Wednesday, March 29 | 8 AM – 4 PM
\$115 for Center members
\$140 for all others

Bill Speidel's Underground Tour is Seattle's most unusual attraction, a humorous stroll through intriguing subterranean storefronts and sidewalks entombed when the city rebuilt on top of itself after the Great Fire of 1889. The 75-minute guided walking tour begins beneath Doc Maynard's Public House, then spills into historic Pioneer Square, Seattle's birth-place, before plunging underground for an exclusive, time-capsule view of the buried city! After the tour we will stop for a no host lunch at 13 Coins.

SHEN YUN (McCaw Hall)
Saturday, April 8 | 10 AM – 7 PM
\$225 for Center members
\$270 for all others

Shen Yun is a brilliant artistic revival and celebration of China's rich cultural heritage. Each performance consists of about 20 pieces, quickly moving from one legend, region, or dynasty to the next. Themes range from the delicate elegance of Tang

court ladies to the battlefield heroics of valiant generals, from the timeless philosophical works of Lao-Tzu to spectacular scenes of magical realms. Shen Yun's works convey the extraordinary depth and breadth of genuine Chinese culture and bring the magnificence of five thousand years of civilization back to life on stage. We will stop for a no host lunch prior to the 2 PM showing.



SWEENEY TODD (5th Ave Theater)
Saturday, April 29 | 9 AM – 7 PM
\$217 for Center members
\$260 for all others

After 15 years in exile, Sweeney Todd, an unsettling man with a mysterious past, arrives in a dark and gritty London, hungry for vengeance against the judge who destroyed his life. Todd joins forces with Mrs. Lovett, the unhinged proprietress of a failing pie shop, and together they develop a spine-tingling plot to exact revenge. When the lights go down and the curtain goes up, you won't dare look away. We will stop for a no host lunch prior to the 1:30 PM showing.

ANDREA BOCELLI (Climate Pledge Arena)
Sunday, May 14 | 3:30 PM – 1 AM
\$285 for Center members
\$340 for all others

As one of the most recognizable voices in the industry, Andrea Bocelli has been thrilling audiences for over 20 years, counting nearly 90 million records sold worldwide. The tour will feature performances from Bocelli's uplifting new album Believe, a poignant and personal collection of songs, celebrating the power of music to soothe the soul, as well as a selection of arias, his beloved cross-over hits and famed love songs. We will stop for a no host dinner prior to the 7:30 PM show.

EXTENDED TRAVEL:



CLASSICAL GREECE
Sept. 24 – Oct. 4
\$4,029 per person double
\$4,629 per person single
Presentation: Feb. 23, 11 am

Highlights include Athens, The Acropolis and Parthenon, Meteora, Delphi, Olympia, Greek farm visit, cooking class, Greek dance class, Nafplio, and 16 meals.

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, March 15 • 2 p.m.

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event.

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

HYBRID CLASSES: ZOOM/IN-PERSON
The Center in Oak Harbor (51 SE Jerome St.)

Tuesday, Feb. 7, 2 p.m.
PRE-REGISTRATION REQUIRED.

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 or 360-387-6201 ext 0. You can also email reception@islandseniorservices.org.

HAPPY PRESIDENTS' DAY!

Island Senior Resources and The Center in Oak Harbor will be closed in observance of **PRESIDENTS' DAY** Monday, Feb. 20

Medical Equipment Lending Libraries

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



LOCATIONS

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

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

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

Medicare Reboot 2023

Thursday, Feb. 16 • 12:30 p.m.
In-person at The Center in Oak Harbor

There have been major changes to Medicare in recent months. These may help to reduce your costs and increase your benefits almost immediately. To learn about the changes for Medicare 2023 join us for this overview presentation! No registration required.

Island Senior Resources

Support Groups



VIRTUAL & IN-PERSON

SOUTH WHIDBEY – 360-321-1600
OAK HARBOR – 360-678-3373
CAMANO – 360-387-6201

MEALS ON WHEELS AMERICA 2022 MEMBER

FEBRUARY

Contributions to cover cost of meals are appreciated

WEEK 1		
Wed	1	BBQ Chicken Corn Bread Pie
Fri	3	Roast Beef Sub w/Blue Cheese
WEEK 2		
Mon	6	Balsamic Green Bean Pork & Dumplings
Wed	8	Cheesey Vegetable Chowder
Fri	10	Stuffed Philly Cheesesteak Sandwich
WEEK 3		
Mon	13	Sausage Rigatoni Bowl
Wed	15	Baked Pesto Chicken w/Pasta
Fri	17	Cabbage Patch Soup & Cheeseburger
WEEK 4		
Mon	20	President's Day Holiday - No Meal Service
Wed	22	Ham & Asparagus Quiche
Fri	24	Tortilla Soup & Bean/Chicken Wrap
WEEK 5		
Mon	27	Cheddar Chicken w/Sr. Cream Gravy

Virtual

- Parkinson's Support Group Tuesdays, 10 am - 11 am
- Caregiver Support Group Wednesdays, 10 am - 11:30 am

In-person & Hybrid

- Caregiver Support Group, 2nd Tuesday of the month, 1 pm - 2:30 pm. ISR North 917 E. Whidbey st, Oak Harbor
- PD Support Group - Hybrid, 3rd Tuesday of the month, 10 am - 11:00 am. ISR South 14594 SR 525, Langley (Cedar Room)

senior-resources.org/support-groups/

FROM THE EXECUTIVE DIRECTOR

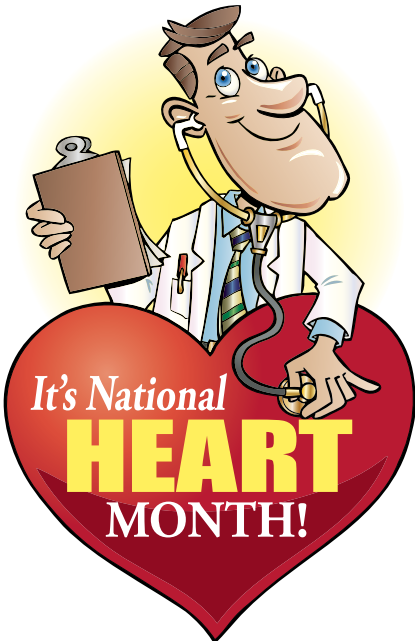
IN CELEBRATION OF FEBRUARY – AND AGING

By Michele Cato, Executive Director, Island Senior Resources

As I was looking for inspiration for this month's article, I turned to the internet and a list of the official national days of observance we celebrate each February. It turns out there are quite a few! So, I decided to challenge all of us to pick one or more 'holidays' and celebrate them with the seniors in your family or neighborhood this month. Get creative in ways to celebrate together! Here are just a few of the days of observance that are relevant to anyone as they age:

- All February:
- National Cancer Prevention Month,
 - National Heart Month*,
 - National Hot Breakfast Month*,
 - National Cherry Month*,
 - National Black History Month,
 - National Creative Romance Month,
 - National Library Lovers Month,
 - National Bake for Family Fun Month,
 - National Embroidery Month

- Feb 1:
- National Dark Chocolate Day*,
 - National Get Up Day,
 - National Freedom (13th Amendment) Day
- Feb 2:
- National Optimist Day
- Feb 3:
- National Wear Red Day,
 - National Carrot Cake Day*
- Feb 4:
- National Play Outside Day,
 - National Ice Cream for



Breakfast Day, National Homemade Soup Day

- Feb 7:
- National Send a Card to a Friend Day
- Feb 10:
- National Cream Cheese Brownie Day*
- Feb 11:
- National Shut-In Visitation Day,
 - National Make-a-Friend Day
- Feb 14:
- National Cream-Filled Chocolate Day
- Feb 16:
- National Do a Grouch a Favor Day

- Feb 17:
- National Caregiver Day,
 - National Do a Random Act of Kindness Day,
 - National Cabbage Day*
- Feb 18:
- National Drink Wine Day
- Feb 19:
- National Chocolate Mint Day
- Feb 20:
- National Comfy Day,
 - National Muffin Day,
 - National Love Your Pet Day
- Feb 23:
- National Banana Bread Day,
 - National Dog Biscuit Day
- Feb 24:
- National Tortilla Chip Day*
- Feb 26:
- National Letter to an Elder Day,
 - National Fairy Tale Day
- Feb 27:
- National Retro Day
- Feb 28:
- National Floral Design Day,
 - National Public Sleeping Day
- *ISR will celebrate with its Meals on Wheels clients by delivering a special menu item to their homes each Wednesday and Friday in February for the special 'holidays' identified by an asterisk above. Everything from cherry cobbler to tortilla soup, from dark chocolate mousse trifle to ham and asparagus quiche, and more! Enjoy your February with new traditions and new friends!*



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
- Sarah Stiteler
- Jill Johnson, Island Co. Commissioner
- 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.



benefitting
Island Senior Resources
5518 Woodard Ave,
Freeland, WA 98249

360-321-1600 • 360-678-3373

February 2023
HOURS
Wednesday-Saturday
10 a.m.-4 p.m.

Donations accepted
until 3 p.m. or
capacity is reached.

SENIORS (55+)
RECEIVE 10% OFF
EVERYTHING, EVERY
DAY!

Find Your Sparkle Wednesdays
15% OFF ALL GOLD & SILVER



Treasure Hunt Thursdays
25% OFF ANY ONE ITEM



Fantastic Fridays
30% OFF ALL BOOKS



Happy Feet Saturdays
25% OFF ALL SHOES



Every Day Specials

CD'S
3 FOR \$1



ALL DVDs
2 FOR \$5

6 BENEFITS OF HAVING A SENSE OF PURPOSE



Purpose in life is having an aim or goal that gives us meaning and makes a positive contribution to others. Our purpose is often birthed from our talents, skills, passions, and values in life. Having a sense of purpose guides our choices, fuels motivation, and gives us a clear path to follow. With our purpose, we inspire and educate others while we enjoy greater life satisfaction.



1 PURPOSE increases happiness

Scientific studies show that people without purpose in life are more likely to suffer from depression, anxiety, boredom, and loneliness. Living by what we value and what gives us meaning makes us happier.



2 PURPOSE reduces the risk of heart attack and stroke

Studies show that purpose in life is linked to a lower risk of heart attack and stroke. One study of older adults found a **22% reduced stroke risk**. Another study shows a **27% decrease in heart attack** in individuals who have purpose in life.

3 PURPOSE helps prevent dementia



Purpose in life impacts the health of the central nervous system. One seven-year study followed more than nine hundred older people at risk for dementia. The results showed that people with purpose had a **50% less chance of developing Alzheimer's** than those with low purpose.



4 PURPOSE has a positive affect on academics

Research shows that adolescents who have a sense of purpose in life perform better academically than those who do not. Higher purpose students also found more meaning in their academic studies.



5 PURPOSE is linked to greater job satisfaction

A study of hospital service workers revealed that those who considered themselves just cleaning staff had less job satisfaction than those who considered themselves part of the team that helped heal patients. Thinking this way gave them more meaning in their work.



6 PURPOSE reduces sleep disturbances

People who have a strong sense of purpose **reduce their odds of sleep disturbances by 16%**. This is partly due to their setting and achieving meaningful goals, lowering stress in life.

“The mystery of human existence lies not in just staying alive, but in finding something to live for.”
Fyodor Dostoevsky, The Brothers Karamazov

WAYS TO PRACTICE PURPOSE

• DISTINGUISH WHAT GIVES YOU A SENSE OF PURPOSE IN LIFE

What do you value? What brings your life meaning? When do you feel your most authentic self? What are your skills and talents? The answers to these questions provide clues to what your purpose is. If you already know your purpose, think about how you can expand it more in your life.

• MAKE YOUR PURPOSE A PRIORITY

If you feel that you know your purpose, it's important to do it as much as possible. It's easy to put what you love to do on the back burner in favor of daily obligations. Start by adding your purpose into your life wherever you can, even if it's only for a short time each day.

• GO ON A QUEST

A quest is commonly defined as a journey that someone takes to achieve a goal or complete an important task. Typically it's an adventure, trek, or mission, which can bring purpose to your life. Think about a quest you'd like to go on. Be sure you feel motivated and excited to make the effort for what might be a long haul.

Sources:

- Kajtha, M.D., Ph.D., Adam, and Laura Anzaldi. "New Movement in Neuroscience: A Purpose-Driven Life." *Cerebrum*, June 2015, pp. 4, 5, 8, 9.
- Members of the Adolescent Moral Development lab at Claremont Graduate University. John Templeton, 2018, p. 13, *The Psychology of Purpose*.
- Fotuhi, M.D., Ph.D., Majidi, and Sara Mehr. "The Science Behind the Powerful Benefits of Having a Purpose." *Practical Neurology*, Sept. 2015, p. 33.



NEW PATHS

By Robin Bush ISR Communications

Many of us are looking for new ways to engage or re-engage post-COVID. New activities help you expand your social network and maintain your health. We suggest you listen to the podcast “70 Over 70” to hear inspiring voices speak about what being over 70 has meant to them. The common theme is engaging in meaningful activities that energize them mentally and physically. It’s time to seek adventure, knowledge, and inspiration.

Explore. Experiencing a different culture is an adventure that will stretch you to think in new ways and understand new perspectives. Is international travel beyond your physical capability or your financial means? Try day trips and see if you can meet a new friend in each new place. They could become your next travel buddy. And remember, nature is a tonic. Nature shows you examples of resilience, adaptation, and success everywhere you look. Think about what you see and ask yourself, “How can I model that in my life?” If mobility is an issue, you can still “travel from home” through virtual travel online, which will engage your sense of wonder and creativity. National parks like Yellowstone and Yosemite offer

online virtual tours, as do the British Museum and the National Gallery of Art.

Learn. Learn to express yourself in new ways. For example, take an art class but don’t expect to produce a masterpiece; just paint for fun. Or maybe you love to tell stories. Try writing one memoir piece each month and find pictures that help to tell your story. You will be helping others by sharing the wisdom you gained through life’s lessons.

Give. Everyone has knowledge and valuable experience to give. Perhaps your gift is to become a reading mentor at the elementary school or offer a computer class for seniors. Or maybe you’d like to have more interaction with other aging adults. Try delivering Meal son Wheels or driving for medical transportation for ISR. Whatever you choose, you will deepen your sense of having a purpose.

Mix it up. Maybe do some of each – a bit of exploring, learning something new, and giving some time to others. Then join MeetUp, the online place to find events near you. Go to www.meetup.com. ISR is offering dementia-friendly MeetUp events for caregivers and care receivers (read more in the article about MeetUp below), and you can list your own MeetUp events too. Search any topic and location and see how much you can join in-person and online.

ISR Introduces MEETUP

Ever since the start of COVID, ISR has recognized everyone’s need for connection, and we are working to create new opportunities.



Are you looking for activities on a specific topic? From the MEETUP home page or the ISR page, type in your interest in the top search bar, the location you’re curious about, and all the related activities appear.

Introducing MEETUP. MEETUP is a long-established social media platform for in-person and virtual activities for those 18 and over. You can meet people, make friends, find support, join a group, or find an event to attend.

To get started:

- Go to www.meetup.com, click on sign up on the top right of the screen.
- Enter your name and email and make up a password.
- Check the Over 18 box and the I am not a robot.
- Click on sign up.
- You will receive a verification email. Click verify when you open the email.

To see what ISR has happening, you can go directly to ISR’s Community Events page at www.meetup.com/meetup-group-sfmglmrl/

or our Caregiver Support page at www.meetup.com/meetup-group-xfbzpwxx/events/.

You can create your own MEETUP events too. For example, are you planning an outdoor walk or starting a knitting circle? List it on MEETUP and encourage others to do the same. It’s such an easy way to bring connection back into your life.

For more information about any of our MEETUP events, call 360-321-1600, 360-678-3373, or 360-387-6201.

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.

Foster Homes Needed!

Family Tails Dog Rescue needs foster homes! We can't save dogs from high kill shelters without homes for them to stay at while they wait to find their forever home. 1 week to 3 months, a fun and rewarding way to be involved with rescue and also have a dog without the full time commitment. We pay for everything, you just provide the love and the home. Please call 360-969-2014 for more info or for an application.



