



Daylight Saving Time

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

Did you know there has been a bill passed to make Daylight Saving Time year-round, so Americans won't have to change their clocks every spring and fall? There has been concerns voiced about the negative effects of back and forth and the bill has moved over to the House of Representatives for consideration. If the house passes the bill, it will be sent over to President Biden to sign. Switching back and forth from Daylight Saving Time to Standard Time isn't healthy for anyone, especially older adults.

The reasons why switching back and forth between standard time and daylight-saving time is not healthy for older adults is the changes in sunrise and sunset times can cause sleep deprivation, which is linked to higher rates of obesity, diabetes and dementia and other health issues. Older adults are already more susceptible to sleep problems. Switching the clock twice a year can worsen "sundowning" in dementia, where cognitive issues in some seniors flare up when the sun sets. Disrupting normal sleeping and waking up can increase falls for older adults. With time changes, it compromises taking medications on time and as directed.

If Daylight Saving Time does become year-round, there are also concerns for older adults. Older adults who wake up and go to bed early may not be able to adjust to darker mornings and brighter evenings. With the darker mornings, older adults are more likely to injure themselves when going out to run errands. In cold weather, the darker mornings will cause problems like icy sidewalks that put older adults at risk of slipping and falling.

If Daylight Saving Time becomes year-round, some tips to help are:

1. Sticking to a routine, keeping your sleep schedule no more than 20 minutes from normal sleep time helps your internal cycle.
2. Stay away from things that disrupt your sleep which can be caffeine, alcohol, sleep medication and extra naps.
3. Getting some sun, sunlight helps regulate your body's natural rhythm.
4. 4. Work up a sweat, doing some sort of exercise in the afternoon, early evening can help you fall asleep faster. If you don't have the time or energy a hot bath can help as well.
5. 5. Good Sleep, Is the room comfortable and any noises that may disrupt your sleep turned off or down.

Keys to Healthy Aging – Part Three: Gratitude

By Robin Bush ISR Communications

Do you take time to be grateful for what's going well in your life? Recognizing the good things helps us navigate challenges and focus on what is rather than what is not. Gratitude is vital to healthy aging. It's good for your mental and physical health. It reduces isolation, supports generosity, compassion, and forgiveness, is invigorating and uplifting, reduces stress, supports optimism and happiness, strengthens your immune system, lowers blood pressure, improves heart health, reduces anxiety and depression, and improves sleep patterns.

If you haven't incorporated a gratitude practice into your life, consider starting one...today. It's a daily practice with two parts, saying thank you every time someone does something for you and taking time to remind yourself of the things you are grateful for. To grow your gratitude, many folks keep a daily gratitude journal writing, "I am grateful for... my friends, family, eyesight, a new knee, sunshine, a caregiver, an idea a friend shared..."

To feel gratitude, some people spend a few minutes in nature each day to pause from everyday life, contemplate, and gain perspective. Others find volunteering connects them to their sense of gratitude. Helping someone is a great way to recognize all you have yourself and all you have to give, which improves your mental outlook.

Stop, close your eyes. Take a few moments to reflect on what you are grateful for today. You'll begin to smile and feel more connected and supported as you recognize that no matter life's challenges, there is still so much to be grateful for. Being grateful regularly changes how we perceive the value of being alive today.

Gratitude has been extensively studied for its wide-ranging impacts on health and aging. For instance, any time you express gratitude, you improve your

GRATITUDE continued on page 3



DID YOU KNOW?

March 14 marks Pi Day, an annual celebration of the mathematical sign pi (3.14)?



The Center in Oak Harbor is celebrating Pi Day with a Pie Taste Off! Tasting boxes are \$7 for members or \$10 for all others and each box will contain a sampling of delicious pies from local area bakeries and a ballot to vote for your favorite. Pie boxes must be pre-ordered by March 7.



– See page 6 for details

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ISR VIEWPOINTS: *I am Grateful*

by June Nailon, ISR Board President

My eyesight is dimming. My joints ache. I talk about my health and medical issues in regular conversation with others which I swore in my younger years never to do. I walk into a room and forget why I'm there. I am now my parents. I am aging. I am a senior person. Unless we are gone early, most of us will find ourselves aging. It's part of life. I'm grateful for aging. I have time to talk and visit with friends. I have time to walk my dog. I can sit and read a book all afternoon if I want. I even have time to volunteer at Island Senior Resources. Yes, I am grateful. I am full of gratitude for my blessings and for my new island home. As a board member for ISR, I see that life is difficult for many in our Island County community. Wonderful seniors live silent, painful lives without family and or adequate funds. They choose between heat or food, a leaky roof or medical care, and so it goes. They silently live without anyone knowing of their

needs. They are too proud to ask. They don't want to bother anyone. Thank goodness for ISR, which can provide a ride, a warm meal, and assistance with the many issues and resources needed as we age. I am on my way off the board as I reach the six-year mark, but I have learned much about our aging islanders and appreciate the work done by ISR's employees and volunteers. I am grateful to those donors who give much-needed funds to support the ongoing work of ISR. I have never found a group of people with more compassion for their fellow citizens than those engaged in ISR's business. I am grateful for these last six years of getting to know and be part of this amazing organization. I am grateful I am aging in Island County where there is an ISR that offers me and others so much support and compassion. Be sure to go to ISR's website to see how ISR can help you and see how you can help them support these beautiful seniors on these beautiful islands!



Monthly eNews for seniors, adults with disabilities, and those who care for them
360-321-1600 or 360-678-3373

SNO-ISLE LIBRARIES

Discover new books and new friends

JOIN A BOOK GROUP

Reading may be a solitary activity, but we often enjoy discussing the stories, information, or concepts we have read about with others. Book groups provide a welcoming social setting for friends, neighbors, and community members to connect and share their love of literature.

LIBRARY BOOK GROUPS: ONLINE AND IN-PERSON

Sno-Isle Libraries offer book groups focused on a variety of subjects, genres, and interests, like gardening, science fiction, cookbooks, mysteries, nonfiction, and more. Peruse the reading lists for existing book

groups at sno-isle.org/book-groups and click on Library Book Club Picks.

To sign up for scheduled discussion groups, select Find a Library Book Group. Groups generally meet on a monthly basis.

BOOK DISCUSSION KITS

Are you thinking about starting your own book group? Or maybe you have an existing group that could use some suggestions for books to read and/or topics. Either way, our handy book kits could be just what you need. Sno-Isle Libraries and the Sno-Isle Libraries Foundation are proud to offer hundreds of Book Discussion Kits in a variety of genres and topics available for checkout. Each book kit includes 10 copies of a single

title. Resources for book discussions are available online or in some editions of the books. To browse available books and discussion resources, visit sno-isle.org/book-kits/. You can search for kits based on genre, availability, and a variety of other descriptors like underrepresented authors, not so grim, and short (less than 250 pages).

Share your love of reading and connect with literature-loving friends by participating in a Library book discussion group or organizing your own.

To learn more about Sno-Isle Libraries Book Groups and Book Discussion Kits, visit sno-isle.org/book-groups or speak to a librarian at your local library.

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

Weekdays, 8:30 a.m. - 4 p.m.

Island Senior Resources (Bayview)
14594 SR 525, Langley, WA 98260

Island Senior Resources (Oak Harbor)
917 E Whidbey Ave
Oak Harbor, WA 98277

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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- Kathryn Beaumont: Vice President
- Lori Christian: Treasurer
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- 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. Island Senior Resources is the trade name for Senior Services of Island County.



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GRATITUDE continued from page 1

heart health (reducing the likelihood of congestive heart failure and coronary heart disease (American College of Cardiology) and the quality and duration of your sleep (Journal of Psychosomatic Research). Another found that expressing gratitude facilitates social connection, which is vital to your well-being (University of New South Wales and Gonzaga University).

In a speech by Robert Emmons, Ph.D., research expert on gratitude and professor of psychology at U.C. Davis, he asks, “Why does gratitude have transformative effects on people’s lives?” Here are excerpts of his answers:

1. Gratitude allows us to celebrate the present and magnifies positive emotions. Gratitude makes us appreciate the value of something, and when we do, we extract more benefits from it; we’re less likely to take it for granted. Gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures we get from life. We spend so much time watching things—movies, computer screens, sports—but with gratitude, we become greater participants in our lives as opposed to spectators.
2. Gratitude blocks toxic, negative emotions, such as envy, resentment, and regret—emotions that can destroy our happiness. There’s even evidence by psychologist Alex Wood in the Journal of Research in Personality showing that gratitude can reduce the frequency and

duration of episodes of depression. You cannot feel envious and grateful at the same time. These are incompatible feelings. If you’re grateful, you can’t resent someone for having something you don’t.

3. Grateful people are more stress resistant. Studies show that in the face of severe trauma, adversity, and suffering, people recover more quickly if they have a grateful disposition. In addition, gratitude gives people a perspective from which they can interpret adverse life events and help them guard against post-traumatic stress and lasting anxiety.
4. Grateful people have a higher sense of self-worth. When you’re grateful, you sense that someone else is looking out for you—someone has provided for your well-being, or you notice a network of relationships, past and present, of people responsible for helping you get to where you are right now. Once you recognize the contributions others have made to your life and the value they have seen in you, you can transform the way you see yourself.

If you missed our articles, *Healthy Aging Part One: Change* or *Part Two: A Sense of Purpose*, you can read them on our website blog under Resources at <https://senior-resources.org/resources>.

Books to learn more:
Thanks! How the New Science of Gratitude Can Make You Happier or *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity* by Robert Emmons

Scams to Watch Out For

By Robin Bush ISR Communications

There are several technology scams to watch out for these days.

The first is a phone call scam. You get a call from someone telling you your computer is infected with malware. If you have caller ID, it looks legitimate, as if it is from Microsoft, Dell, or others. **HANG UP IMMEDIATELY!** These companies will never call you about malware threats. It is a scam.

The second is an email scam. You get an email that appears to be from a payment service you use (Zelle, Paypal, Venmo, etc.). The email says your account will be debited for a gift card and provides a number for you to call for more information. **DO NOT CALL!** Delete the email. If you have concerns, contact your bank directly, and never call any number provided in the email.

The third is a screen pop-up on your computer. It says your computer has a serious problem and provides a phone number to call for help resolving it. Also, the pop-up won’t go away. **DO NOT CALL!** If you do, you will be asked to allow the stranger to take over the operation of your computer. They run a harmless program that is a series of numbers and symbols that makes it look like they are doing something. They tell you these indicate corruption of your files. They offer to repair your computer and require you to give them your credit card information so they can charge you for the “repairs.” That often begins a series of fraudulent charges to your credit card, and they may install malware on your computer that will result in actual serious issues. If you have trouble closing the pop-up, you must force close your browser. If you’re using Windows, hit Ctrl + Alt + Delete, open the Task Manager, select your software, and click on end task. If you’re on a Mac: hit Command + Option + Escape.

Here are a few tips for avoiding tech scams from Senior Planet’s Digital Skills Ready classes:

- Never give remote access control to anyone you don’t know.
- Computer and government tech support specialists will never cold call. If you get such a call, it’s a scam. Hang up.
- Legitimate computer companies don’t put their phone numbers on pop-up warnings asking people to call. If you get such a warning, it’s a scam.

For more ways to be “digital savvy,” go to seniorplanet.org and search for Digital Skills Ready to see their classes.



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ADVISE MY PARENTS? HOW?

By Robin Bush ISR Communications

My father was a fountain of advice during my early adulthood until he reached his eighties and I was in my fifties. Then, the tables began to turn, and I found I began to be the one offering the advice. It was challenging because parents often don't want advice from their adult children; it goes against the long familiar one-way street of advice from parent to child.

Once adult children are experienced in managing their homes, lives, health, and finances, they often see things they believe will help their parents live better lives, like how to downsize, where money should be held, and how to improve health. These "children" think, "Why won't my parents listen to me?"

Here are a few tips for adult "children:"

ASK. Even if you see something you think is wrong, how your parents do things means something to them. Ask them why something is important to them. You might learn a great deal about how they think because of experiences they had earlier in their lives or a way of keeping their house that is easier for them. Asking helps you better understand their choices. Approach them with questions rather than presenting answers to things they may not feel are problems. If you notice slippery rugs, instead of taking one away they've lived with for 50 years, ask if you might help them hang it on the wall so they can see it but not have a risk of falling from slipping. If your parent is still climbing

a ladder to clean the rain gutters, you can ask, "Have you thought about hiring a high schooler to come on weekends and help with outdoor maintenance?" You could offer to help find someone. To make the idea more appealing, you could suggest that maybe they would be willing to teach the high schooler something; older adults usually like to share their knowledge, and it makes them feel good to help someone younger.

RESPECT: Don't be patronizing and come across as if saying, "You don't know what you are doing. Do it this way." Instead, respect their decisions even if it's not how you would do it. Suggest a conversation about alternatives instead of edicts requiring changes.

PATIENCE: Be patient. Change is often hard for older adults. Make changes in small steps allowing time for parents to adjust. One change at a time is enough. Don't change where they keep things in the kitchen while you are changing which bank they use and selling their car so they won't drive.

SENSITIVITY: Your suggestions may impact your parent on a level beyond practical health and safety. They may feel you are removing their independence, or it may push them to acknowledge their lessening mobility or mental acuity. They've been in charge of their lives for decades and depended on their own judgment, and now you are suggesting they need help. That can be tough.

A last resort might be to say, "Will you do this for me?" That may be enough to tip



the scale but if not, let your suggestion settle in, don't force it, let them think about it, and maybe later they will come around to agreeing with you, or you can bring it up again if a situation gets worse. They still may not make the change you are hoping for, but if they are not ready for a residential care facility, it is still their life. If they have their mental faculties, they get to choose but hopefully will appreciate your thoughtfulness.

At Island Senior Resources, we offer con-

sultations for family caregivers on how to approach change with their parents. We talk about how to plan for changes while a parent is fully capable of understanding what they may need in the future. For more information, call our Aging & Disability Resources staff at 360-321-1600 (South Whidbey), 360-678-3373 (Central/North Whidbey), or 360-387-6201 (Camano). You may also request assistance on the home page of our website at www.senior-resource.org.

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

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.



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From now through April, AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. It is completely free and you do not even have to be an AARP member.

For taxpayers from Coupeville to South Whidbey:
Please call **360-678-3000** for information and appointments.

For taxpayers in the Oak Harbor area:
Please call The Center in Oak Harbor, **360-279-4580**, for information and appointments or visit the Oak Harbor library for walk-in assistance and appointments.

HAPPY

ST. PATRICK'S DAY

Island Senior Resources

Support Groups

SOUTH WHIDBEY – 360-321-1600

OAK HARBOR – 360-678-3373

CAMANO – 360-387-6201

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/



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

IN-PERSON
Island Senior Resources (14594 SR 525, Langley)

Wednesday, March 1, 2 p.m.

IN-PERSON
The Center in Oak Harbor (51 SE Jerome St.)

Tuesday, April 13, 11 a.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.

MEALS ON WHEELS AMERICA 2022 MEMBER

MARCH		
Contributions to cover cost of meals are appreciated		
WEEK 1		
Wed	1	Chicken Marsala
Fri	3	Sloppy Joes on Bun
WEEK 2		
Mon	6	Turkey A La King
Wed	8	Ham & Scalloped Potatoes
Fri	10	Sesame Chicken
WEEK 3		
Mon	13	Pork Chops w/Mashed Potatoes
Wed	15	Chicken Caesar Salad
Fri	17	Corned Beef & Cabbage
WEEK 4		
Mon	20	BLT Club Wrap
Wed	22	Swiss Steak w/Peppers
Fri	24	Chili Con Carne w/Cornbread
WEEK 5		
Mon	27	Three Cheese Ziti Bake w/Marinara
Wed	29	Lemon Artichoke Chicken
Fri	31	Turkey Broccoli Rice Casserole

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

CLASSES and EVENTS at The Center In Oak Harbor

FITNESS

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

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:

AARP Foundation

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

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



for substantial wait times if you do not have an appointment. Appointments strongly encouraged and will book up quickly.

Dance Lessons

Thursdays, March 2 – 30, 3 p.m.

\$25 members, \$50 non-members (includes \$3 day use fee)

Whether you are a beginner or looking to improve your dance skills, this 5-week course taught by volunteer Duncan Chalfant is the perfect opportunity. No partner or prior experience needed.



Sundays In-Person; 10 am
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Member Spotlight: Mona Porter

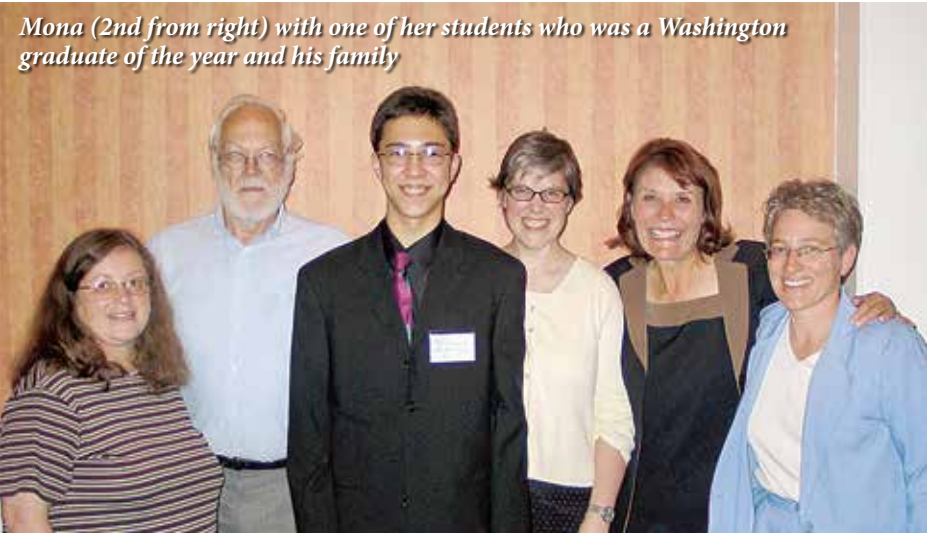
Mona has always had a true lifelong love of learning, she spent her career as an educator and administrator in the greater Seattle area for over 30 years! During her time as a teacher Mona taught photography, French, English, and Social Studies. She also oversaw and helped start many different educational programs. As a result of Mona's patient, caring, adaptable personality she was the perfect person to run a program for students in the Seattle School District who had been expelled or suspended from the general classroom. Mona oversaw this program for 12 years and made a lasting impact on countless students who would have otherwise probably fell through the cracks and not received the education they deserved.

After meeting her second husband, Warren on match.com in 2004, the two of them decided they would retire on Whidbey Island. Warren was retiring from being a civil structural engineer and Mona had planned to retire from being a principal, however that didn't quite go as she planned. Mona continued to work as a principal in Edmonds for a few more years and then retired in 2010, but to her surprise they quickly called her to see if she would come back while her replacement was on maternity leave. Being the hardworking and passionate person she was, Mona couldn't turn down the offer. Although she and Warren had relocated to Whidbey Island, she continued to commute to Edmonds. Since the commute was by no means a close one, Mona would stay with a friend during the weekdays and then come back to Whidbey Island on the weekends.

Once Mona officially retired, she was able to take up a new hobby in card



Mona (2nd from the right) with her sister Ellen, niece Marvail and sister Ann





Mona (2nd from right) with one of her students who was a Washington graduate of the year and his family

making and paper crafts. She explained, "While I was working, I didn't have time to get into my creative side". She got into card making after meeting some friends while volunteering at the Oak Harbor Habitat for Humanity that invited her to a card making class with them. Although a little hesitant at first, Mona had a great time and continues to meet for card making classes. "Having a creative outlet makes your life feel a whole lot better! I don't know why it is, but I can go into my craft room for a few hours and come out refreshed and feel better. I think everyone should have a creative outlet" Mona exclaimed.

As well as tapping into her creative side Mona also enjoys traveling. She even took a trip to Scotland while recovering from a foot surgery and cruised down the cobblestone streets on a knee scooter! She and her two sisters, Ellen and Anne, took a guided World War II trip through Europe to see the locations and history of where their family had fought in the war. Last year she got to visit Turkey where her goddaughter got married. Still on the top of her bucket list is to visit Greece and the Panama Canal.

When not serving as an educator, traveling, caring for sick loved ones, or working in her craft room, you can find Mona volunteering in the community. Mona is one who feels that she has been blessed by so much and in return she gives back to her community with being involved in at least one volunteer opportunity. The Center is very grateful because earlier this year Mona started volunteering as a front desk volunteer. She has caught on quickly and is already putting her skills of being a natural helper and teacher to great use. If you haven't yet met Mona, stop by on a Monday morning at The Center and introduce yourself!


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ASTIGMATISM

BENIGN

BIFOCAL

BLEPHARITIS

BRIDGE

CATARACT

CHAMBER

COATING

CONE

CORNEA

DIOPTER
- DISORDER

GLAUCOMA

LENS

MACULA

OPTICAL
- REDNESS

REFRACTIVE

RETINA

SWELLING

TEARS

ANSWERS



TRAVEL LOG

DAY TRIPS:

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)

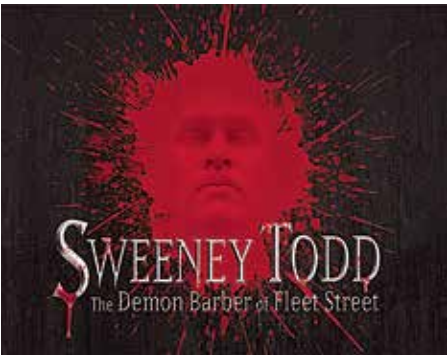
Saturday, April 8 | 10 AM – 7 PM

\$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.

SUNNY PORTUGAL

April 23 – May 2, 2024

\$3879 per person double

\$4479 per person single

Presentation: May 16, 11 a.m.

Highlights include Portuguese Riviera, Lisbo, Belem, Obidos, Sintra, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, four UNESCO World Heritage sites, Azeitao and 13 meals.



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