

## Healthy Aging Part 6: Acceptance

By Robin Bush ISR Communications

Acceptance takes courage. As a child, perhaps we had to learn to accept that our strength might not be in art, even though we dreamed of being an artist, or as we got older, we weren't quite fast enough to make that sports team. As we moved through life, the relationship we sought or the lifestyle we'd imagined may have eluded us. Yet, we learned to accept, adapt, and move forward. Perhaps it is human nature to have to repeat that lesson over and over throughout life.

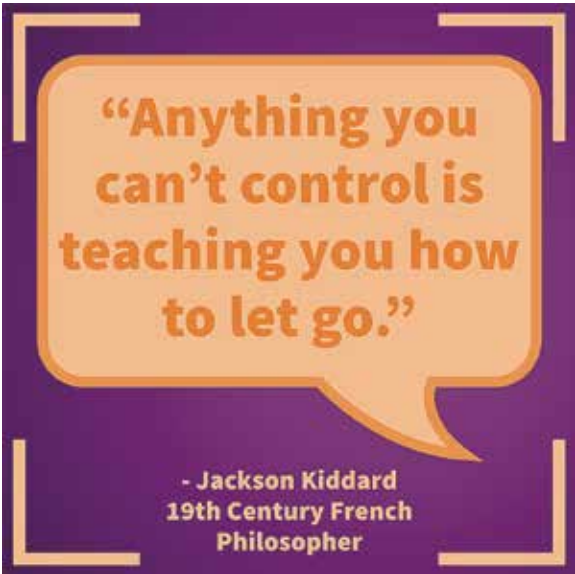
As a young person, we may have imagined what it would be like to be older. When we were five, we wanted to be six because it meant we could go on the merry-go-round by ourselves. When we turned 13, we were impatient to be older so we could get a learner's permit to drive. But what did we imagine it would be like to be 50 taking care of aging parents, or to be still working at 72, or living with relatives at 85?

Fate, heredity, lifestyle choices, resources, opportunities, and health undoubtedly affect how closely what you imagined matches your reality today. Yet, as different as today may be from what you imagined, you can influence what is to come by choosing to do something today that you can influence and accepting the things you cannot.

"Anything you can't control is teaching you how to let go." - Jackson Kiddard

Acceptance is being grateful for what you can do and letting go of what you can't, and it's recognizing that what you can and cannot do today could change tomorrow. After a sudden illness, a person who used to walk for hours each day might only be able to climb one set of stairs barely, yet they can be grateful for still being able to move, and perhaps they will add one more stair every month and in six months be able to climb two sets of stairs. Or maybe not. And if not, then it's about learning to accept that one set of stairs is excellent. It's still mobility; it's being grateful for being able to get out of a chair and accepting that walking to the window is good. It's being grateful that you can make your cup of tea and accepting you can't cook dinner. It's being grateful for the friends who visit more often than when you were more mobile because they want to help, and learning to accept their gift of help with shopping, food preparation, errand running, and more.

If we can maintain our positive attitude toward the circumstances of our aging, and accept what comes, as well as being willing to accept the help that is offered to us, then we will heal faster, live a more grateful life, and be better able to provide help to others. That is vital to "healthy aging."



**ACCEPTANCE** continued on page 8

EL

A upbeat fun strong song for a model who is dressed in Ivy to walk the runway

One great song that could fit the description you provided is "I Gotta Feeling" by the Black Eyed Peas. The upbeat tempo, strong beats, and fun lyrics make it a great choice to accompany a runway show. Here are some of the lyrics that could be fitting:  
  
"I gotta feeling that tonight's gonna be a good night  
That tonight's gonna be a good night  
That tonight's gonna be a good good night"  
  
Other great options could be "Can't Stop the Feeling" by Justin Timberlake, "Uptown Funk" by Mark Ronson ft. Bruno Mars, or "Roar" by Katy Perry. These are all high-energy, upbeat songs that would make for a fantastic runway soundtrack.

## Hi, ChatGPT, nice to meet you!

By Liz Lange  
Senior Services Administrator, City of Oak Harbor

We have experienced many changes in the way we communicate over the years. From snail mail to email, and now to instant messaging, the way we communicate has evolved. One of the latest forms of communication is Artificial Intelligence powered chatbots, and ChatGPT is one such example.

### What is AI?

AI refers to the simulation of human intelligence in machines that are programmed to think and learn like humans. It involves training machines to recognize patterns, solve problems, and make decisions using algorithms. AI technology is used in a wide range of applications, from personal assistants like Siri and Alexa to self-driving cars and medical diagnostics.

### What is ChatGPT?

ChatGPT is an AI-powered chatbot developed by OpenAI. It is designed to understand and respond to natural language, which means users can chat with it using everyday language rather than code or specific commands. ChatGPT is designed to provide helpful responses to questions, engage in conversation, and provide assistance in a range of areas.

### How can older adults use ChatGPT?

ChatGPT can be used by older adults in a

variety of ways. Here are some examples:

- 1. Get answers to questions:** ChatGPT can get quick and accurate answers to questions on a range of topics, from technology to health and wellbeing.
- 2. Get advice:** ChatGPT can also provide advice on a variety of topics. For example, if you are struggling with a particular issue, ChatGPT can provide suggestions on how to deal with it.
- 3. Improve cognitive function:** Chatting with ChatGPT can help improve their cognitive function. By engaging in conversation and answering questions, older adults can keep their minds sharp and active.
- 4. Socialize:** Chatting with ChatGPT can also be a way to socialize. While it's not the same as chatting with a friend or family member, it can provide a sense of connection and help individuals feel less isolated.
- 5. Learn new things:** ChatGPT can be a great resource for older adults who want to learn new things. Whether it's a new language, a new skill, or just general knowledge, ChatGPT can provide information and resources to help expand your horizons.

To use ChatGPT, you need to visit the website or platform where ChatGPT is

**CHAT** continued on page 3

DID YOU KNOW?

There is compelling evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke.

(Harvard T. H. Chan School of Public Health)

Whidbey Island farmer's markets are great locations to buy fresh local produce. Farmer's Market Debit Cards are now available for qualifying seniors.

For more information, see page 7

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# 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 & Textiles	9 Lapidary	9 Lapidary	10 Tai Chi	9 Quilting & Textiles
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	10:30 Over Ninety Club
11:45 Lunch (ISR)	11 Tech Drop-In	12 Ping Pong	10 Wire Wrap	11:45 Lunch (ISR)
12 Bunco	11 Mexican Train		1 History Class (begins 4/13)	12 Pinochle
12 Ping Pong	1 Line Dance		1 Reader's Theater	1 Line Dance
1 Art	1 Knitting/Crocheting			2:30 Ping Pong
1:30 Beginner Clogging	6 Lapidary (By Appt.)			7 Social Dance (2nd Friday)
2:30 Clogging				

## 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](mailto:thecenter@oakharbor.org)**

## Member Spotlight: Louise Mueller

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

If you have been here on Whidbey Island in the last 70 years, you may have talked to or visited one of Louise’s businesses. Louise was born in Burkley, Calif. and raised in Oakland, Calif.. In 1952 she came to Whidbey as a new bride because her first husband’s family had property here. His family owned Captain Whidbey Inn before it was Captain Whidbey Inn. In 1953, she and her husband, Dan, built the house across the street from Captain Whidbey Inn. Louise has six children: Bob, Tom, Karen, Lori (Lauren), Mark and Tina. In the past 70 years, Louise’s career included running a preschool (1968-1984) and an adult family home called Fairhaven, which was off Monroe Landing Road. That didn’t stop her from starting another



Eva, Avis and Louise (left to right) playing a game of Scrabble during the 85 and better club

career. When Louise was 67 years old, she decided to go back to school and be a massage therapist, she graduated at the age of 68. Louise built a house just for her massage business and ran Madrona Massage for 20 years before officially retiring at the age of 88.

Now, at the age of 93, Louise wanted to start a group at The Center called the Over 90 Club, which started April 14. With the popularity of the group, we have changed it to the “85 and better Club” to include more interested people. The group meets Fridays at 10:30 AM at The Center in Oak Harbor in the conference room.

When talking to her about the group and why she wanted to start this club, she shared an experience she had bringing her groceries to her car

at Safeway and seeing another lady who Louise offered her buggy to. They began to talk, and Louise learned her name was Arlene and they were the same age, 93, and both shared a birth month. She really enjoyed her conversation in the Safeway parking lot and felt like she needed to start a group for older adults over 90. “I feel like people in their 90s are forgotten people and having a group where we can meet feels like someone cares and you’re not alone in your 90s. A lot of us who are over 90 don’t drive, are alone and just sit at home with nothing to do,” Louise shared as her motivation for starting the group. Louise still drives so on her way to the group she picked up her friend Avis and brought her along to enjoy the gathering.

**Unity of Whidbey**

Sundays In-Person; 10 am  
5671 Crawford Rd, Langley  
Zoom service link online  
[unityofwhidbey.org](http://unityofwhidbey.org)

**85 and better CLUB**

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What is a good team name for a group walking challenge for staff of the oak harbor parks and recreation department

How about "Oak Harbor Trailblazers"? It's a name that combines the idea of walking and exploring new paths with a nod to the department's name. Other options could be "Parks and Rec Pacers," "Harbor Hikers," or "Recreation Rovers." Ultimately, the best team name will depend on the personality and interests of the staff involved in the challenge, so try to come up with something that feels fun and motivating to your specific group.

**CHAT** continued from page 1

available and start chatting. It's important to remember that ChatGPT is an AI-powered chatbot and not a human being. While it can provide accurate and helpful information, it may not always be able to understand complex questions or provide nuanced answers. It's also important to remember that ChatGPT is not a replacement for medical advice or professional help.

ChatGPT can be a valuable resource. It can help get answers to questions, provide advice, improve cognitive function, socialize, and learn new things. While it's not a replacement for human interaction, it can be a useful tool for those who want to stay connected and engaged.

How have I used ChatGPT? Well, for one, after a short prompt it wrote the above article. That was a huge time saver! I have also used it to create a menu plan for a week, with specific dietary guidelines, and include a shopping list with quantities needed to make all the meals for two, and have the list organized by category of items in the store. Wow! It took me one minute to type in my

request and it was all there. Something that would have taken me hours to find recipes I like that fit my dietary needs, list out ingredients with quantities needed and in order of where they appear in the store, done instantly!

I also needed help coming up with a name for a team. I typed in what the team was doing and our goals and viola a list of great names, which is how we picked our name.


It made me an itinerary for a weekend trip to Los Angeles that included my must-see list and other highlights that is suggested.

While planning our Wearable Art runway show we were stuck on what song to play for a specific model on the runway. After several of us scrolled our music lists suggesting titles and not finding one we liked I turned to ChatGPT and asked for a suggestion, and viola! We picked a song it suggested, and it was perfect!

What should we use it for next? What would you like help with from AI? Want to give it a try and don't know where to start? Stop by The Center in Oak Harbor during out tech drop-in Tuesdays at 11 a.m. and lets give it a go!

TRAVEL LOG

DAY TRIPS:



CAPE FLATTERY  
Wednesday, June 14 | 8 AM – 9:30 PM  
\$145 Members, \$174 Non-members

Pack your own lunch for this adventure-filled day to the tip of the stunning Olympic Peninsula. The scenic drive to Cape Flattery, the Northwest most point of the contiguous United States, is as much a part of the tour as the destination. Enjoy a photo stop at Lake Crescent enroute to Cape Flattery while the route back will be along the coast. We will catch the first ferry of the day to Port Townsend and return on the last ferry to Coupeville. There will be stops along the way for restroom and snacks, including Neah Bay. The short .75-mile trail leads through the forest to a viewing platform, perched on a cliff with a dramatic view overlooking the Pacific.

MARYSVILLE STRAWBERRY FESTIVAL & CAR SHOW  
Sunday, June 18 | 8:30 AM – 4 PM  
\$70 Members, \$84 Non-members


Come for a ride to Marysville to the annual Strawberry Festival, complete with a carnival and all the yummy car-

nival favorite foods, a market with craft and commercial vendors and a car show. Price includes transportation only. There is no cost for the car show and market. Carnival prices available in May at marysvillestrawberryfest.com

A DAY IN LEAVENWORTH  
Tuesday, July 11 | 8 AM – 7 PM  
\$150 Members, \$180 Non-members

Join us for a day of gorgeous mountain vistas as we drive through the pass to the Bavarian town of Leavenworth. There will be plenty of time for a no-host lunch at one of the many fantastic restaurants, wine tasting and shopping galore!

EXTENDED TRAVEL:




SUNNY PORTUGAL  
April 23 – May 2, 2024  
\$3879 per person double  
\$4479 per person single


Presentation: June 20, 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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SUN & SAND WORD SEARCH

C M A R I N E B B K S N U C N I E W F L  
C B O N M Z X D P R F B M A O F C D N U  
H O B E A C H T U A W E B E Y B K W O N  
N K F C M Y U O L N Z F R S F A O U I D  
T Y U U M R S D E B F C E L O Z N O T E  
O D R G N I M M I W S S L C H U T E A R  
B N Y C D K L C D N S K L O U A F Z T A T  
I A K G I H K E Z A F M A O Y M Z T A O  
B S G L H H E K L A W D R A O B A S L W  
A N H B T W I G U U U Z R Z S H H A E O  
S G W T A B N A T R E T H G U A L C R M  
K S Y E X U S X G U T M F X O Y T D D X  
E N S R S C H N Z Z T H G I R B A N W G  
T I R R O I I R I P T I D E B M O A I Y  
R O D M U H O C E A N N U S X Y D S Z L  
B O L I S R G A L T I W E A F E A E G Y  
E C I A Y C O A S T A L O I L R E W E P  
K G R D M A F U H O M S X L H R S U U N  
O C F O G N I F R U S S X W B R G L C M  
Z C S U T U E M T F N S W I M S U I T N

Find the words hidden vertically, horizontally, diagonally, and backwards.

- BASKET

BEACH

BOARDWALK

BREEZY

BRIGHT

COASTAL

CRASHING

FOAM

LAUGHTER

MARINE

OCEAN

RELAXATION

RIPTIDE

SAIL
- SANDCASTLE

SANDY

SEAWEED

SUNGLASSES

SURFING
- SWIMMING

SWIMSUIT

TAN

UMBRELLA

UNDERTOW

ANSWERS



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to the beach. Each number corresponds to a letter. (Hint: 2 = S)

Warm light 2 10 4 2 25 24 4 14

Coastline 2 25 5 23 14

Water hobby 11 5 18 13 24 4 12

Ocean swells 22 18 26 14 2

Answers: A. sunshine B. shore C. boating D. waves

Guess Who?

I am a singer born June 20, 1949 in Alabama. I found early success as a member of a 1970s R&B group, before branching out into a solo career. I co-wrote the hit single "We Are the World."

Answer: Lionel Richie

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the sea.

S H F I

Answer: Fish

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  
\*(+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:

Getting Ready for Medicare

Friday, June 16 | 1 PM

Going on Medicare? Want to know more? Attend a free "Getting Ready for Medicare" seminar offered by SHIBA volunteers. There will be time for questions and answers 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.

Oak Harbor Archaeology

Wednesday, June 14 | 11 AM

Learn about the archeologic history of the Native American Tribes who inhabited Oak Harbor. Gideon Cauffman, City of Oak Harbor Archaeologist, will outline his work in compliance archaeology, field methods, Tribal government relations, and historic preservation. No registration needed.



Social Dance

2nd Friday of the Month | 7 - 9 PM

Free, Everyone welcome

Dance to a variety of music including East coast swing, West coast swing, waltz, Cha Cha, night club two step, cowboy two step, line-dancing, or free-style.

Beginners Clogging

Mondays in June | 1:30-2:30 PM

\$20 for members, \$30 (+\$3 day use fees) for all others

A type of dance practiced in the United States, in which the dancer's footwear is used by striking the heel, the toe, or both, against a floor or each other to create audible rhythms.

85 & Better

Fridays | 10:30 AM – 11:30 PM

Are you 85 and over or know someone who is, come on Fridays to our new group that meets here at The Center. The group plays games, talks, and reminisce about their lives.

Whidbey Island Genealogical Searchers

~presents~

Celia McNay -  
"Using FamilySearch WIKI"



Tuesday, June 20 • 1 p.m. on Zoom

Sign on to Zoom 10 minutes early

ALL ARE INVITED TO JOIN US

Non-WIGS members wishing to attend, send an email no later than Nov. 14 to whidbeygenssearchers@gmail.com to receive your zoom invitation.



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

DATES (IN-PERSON):

Friday, June 16, 1 p.m.  
The Center in Oak Harbor, 51 SE Jerome St

Thursday, July 13, 2 p.m.  
Island Senior Resources, Bayview, 14594 SR 525, Langley, WA

Wednesday, Aug. 23, 11 a.m.  
ON ZOOM

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 ext 0. You can also email [reception@islandseniorresources.org](mailto:reception@islandseniorresources.org).



ISR Lunch-n-Learn WEDNESDAYS

Lunch: 11:45 a.m. – 12:30 p.m.,  
Presentations: 12:30 – 1:30 p.m.  
Coupeville United Methodist Church  
608 N. Main St. Coupeville

Join us for a delicious lunch and then stay for fun and learning.

JUNE 7: BINGO  
Have fun and create new friends.

JUNE 14: WAIF (Whidbey Animals' Improvement Foundation)  
A representative will speak about the Foundation, how to adopt an animal, and pet care.

JUNE 21: MASTER GARDENER PROGRAM  
Loren Imes, administrator, will describe the program, teach different types of gardening, and explain how to become a Master Gardener Volunteer.

JUNE 28: VIOLIN AND CELLO DUO  
Enjoy an inspiring performance by local string duo, Clarece LaMarr on violin and Devin LaMarr on cello. They are members of Whidbey's Saratoga Orchestra.

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 ext 0.

Thursday, Sept. 14 • 1:30 p.m.

To pre-register, go to [www.senior-resources.org/calendar](http://www.senior-resources.org/calendar) and click on the date of the event.



Island Senior Resources

Join us for lunch 11:45 - 12:30

**Mondays**  
The Center in Oak Harbor  
51 SE Jerome St. Oak Harbor  
Camano Center  
606 Arrowhead Rd, Camano Island

**Wednesdays**  
Leo's Place  
at Island Senior Resources - Bayview  
14594 SR 525 Langley  
Camano Center  
606 Arrowhead Rd, Camano Island  
Coupeville United Methodist Church  
608 N. Main St. Coupeville

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

Donations accepted to help cover the costs of lunch

The Center in Oak Harbor will be closed in observance of JUNETEENTH Monday, June 19

MEALS ON WHEELS AMERICA 2023 MEMBER

JUNE

Contributions to cover cost of meals are appreciated

WEEK 1		
Fri	2	Chicken Caesar Salad
WEEK 2		
Mon	5	Meat Lovers Pizza & Salad
Wed	7	Meatloaf & Mashed Potatoes
Fri	9	Ham & Cheese Wrap
WEEK 3		
Mon	12	Beef Taco Bake
Wed	14	Salmon w/Creamy Pesto Pasta
Fri	16	Steak & Blue Cheese Salad
WEEK 4		
Mon	19	Sweet & Sour Chicken & Rice
Wed	21	Ham & Vegetable Quiche
Fri	23	Italian Sub Sandwich
WEEK 5		
Mon	26	Fish & Chips
Wed	28	Pork Loin w/Mustard Sauce
Fri	30	Turkey Club Wrap

Island Senior Resources

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# ISR LEADERSHIP CORNER

## Treasuring the Moments

By Christine Schacker, ISR board member

I remember the frantic minutes that turned into hours, to days and weeks, as I started my own publishing services business in San Francisco. Working days turned into long nights and week-ends that, in turn, were spent enjoying successes and worrying about setbacks. Each minute held crucial meaning, thinking it would determine the entire future–of everything.

And life continued to unfold; with a change of career, new experiences in managing Assisted Living facilities, learning about memory care and dementia, and having to learn a new language that came not from the left brain. Wow. It was like experiencing a bracing wind that invigorated each minute with even greater expectations for what the next would bring. Life moved so fast.

I’m not sure when it happened that the minutes blended and blurred and seemed to convey less. There were so many of them stumbling over each other with no space between. Perceptions slowed down. I worried about what I would do if I wasn’t in charge of all the minutes.

While shopping at a local grocery store, I watched a little five-year-old boy with a Superman shirt racing down the aisle ahead of his grandma. He stopped abruptly to see one of the peanuts he’d been clutching fly to the floor. Before Grandma

could utter a caution, he bent over, grabbed the peanut, and shoved it in his mouth, giving it an extra crunch. His eyes and mine met.... the five-second rule clearly applied. Then, with gusto, he marched off to the next aisle. Grandma and I nodded knowing smiles. Yeah, the germs wouldn’t get him. I don’t know how many minutes the interchange took, but I had a moment to savor.

While walking at the Greenbank Farm recently, I noticed a little white dog on the trail ahead. He turned this way and that, shaking a bit. As I neared, he seemed even more upset. I heard footsteps approaching behind me. As I looked at the little dog’s eyes, I saw the meaning of love and safety. As he ran to his owner and practically turned himself inside out, I knew the meaning of home. What a moment.

As I slow down, I recognize that while minutes exist, I haven’t lost anything for being unable – no – unwilling to live only by them. But, more importantly, I now treasure the moments I have that were so often unseen by me. Yeah, I can’t walk as quickly as I did before and don’t stand up as straight as I once did. My hair is not as thick as it was, my skin is certainly not smooth, and my eyes don’t see as well in the dark, so I don’t drive after sunset. But I think I’m the richer for being able to have and hold the moments when a cashier smiles at me, a driver on a busy road lets me enter traffic, or a fellow dog-walker and I see a rainbow at the same time and nod our community.

## I’m Learning How to Prevent Falling

By Robin Bush ISR Communications

Eight years ago, I fell slipping on our outdoor stairs. Down I went, hitting my back on the stairs and landing on my hip. I was fine one moment and down on the ground in excruciating pain the next. I was incredibly fortunate that my back and hip didn’t break. As the years passed and my bone density decreased, I realized it was unlikely I’d be so lucky if I had another fall like that.

I believe in being proactive in caring for my health as I know what a critical role it plays in my longevity, so I knew it was time to take action. I found a great answer.

WhidbeyHealth EMS offers a fall prevention class on Zoom called SAIL (Stay Active and Independent for Life). It combines fall prevention strategies with strength, balance, and aerobic exercise. SAIL runs twice a week on Tuesdays and Thursdays at two times each of those days. SAIL is led by uplifting, knowledgeable, encouraging, and understanding instructors who adapt the exercises for each participant according to their various movement limitations. It’s been an ideal answer and an essential supplement to my daily walking program. The class is free as it is currently funded by a grant.

SAIL has helped me understand how weak my balance and coordination have become, but I can already see improvement in just a few weeks. I’m stronger, healthier, more balanced, and much safer, thanks to SAIL. Next time I get off balance, I will have trained my body how to respond so I don’t end up on the floor, and most likely in the hospital, followed by a lengthy recuperation.

Senior falls are the number one most preventable cause of injury, disability and even death to those 65+. Don’t let yourself “fall” into that category. Come SAIL with us.

For more information on the class or to register, email [mayrob@whidbeyhealth.org](mailto:mayrob@whidbeyhealth.org).



## New Veteran Digital Navigator Program

Glenda’s Tip of the Month: Washington State Department of Veterans Affairs has launched the new Digital Navigator Program (DNP) to connect Veterans and their families to earned benefits, health-care, and services.

The DNP includes assistance with accessing and enrolling in Veteran benefits, program intake forms, digital technical assistance, and other services.

In addition, the Digital Navigator Program will provide qualifying Veterans/families, and active-duty military, who are at or below 200 percent of the Federal Poverty Guideline a one-time package that includes two years of talk, text, and data through T-Mobile, a Samsung Chromebook, and a REVVL 5G phone with hotspot-enabled capability.

The DNP intake form is NOW live! For more information about the program or to apply, call 1-800-562-2308 or internet search for Digital Navigator Program.

Glenda Cantrell is a Certified Life Coach, author of “Glenda’s Recipes: How I Reversed My Diabetes with Diet and No Medication,” and a consultant with 36 meal plans for various health needs. “Tips for Seniors” offers information she has found on her journey to wellness. She is not a doctor, nutritionist, or dietician. These tips are shared from her personal experience. Contact [Glendacantrell@comcast.net](mailto:Glendacantrell@comcast.net) or 360-720-2955 for more information.

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## HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600

- 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](http://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

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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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# Accepting and Transforming Loneliness for Healthy Aging



By Charles LaFond, ISR Senior Development Director

Loneliness and isolation are not identical, but together, they can be as bad for one’s health as smoking cigarettes. Isolation means being by oneself, whereas loneliness is the pain that may come from unwanted isolation. In my experience, one aspect of healthy aging includes considering loneliness. We lose touch with friends as some slow down and even die. Neurologically, new science shows that as we age, introversion increases. This, combined with earlier bedtimes, general fatigue, poor hearing, dehydration, and lingering effects from COVID’s distancing, all conspire to increase barriers to socializing.

Single men, 60 and older, are shown to be the loneliest men in the United States.<sup>1</sup> In Europe, a “Woodshed” movement began to gather men in sheds, making things from wood and connecting men in friendship and conversation. However, in the United States, studies indicate men tend to go to their own woodshed, isolated and alone, to occupy themselves.

And it’s not just older men. New studies show most men begin to feel lonely around age 35. I have noticed men isolate mainly due to insecurities, oscillating between aggression towards others and passivity in which many hide from the world. Conversely, women are much better at connecting and staying connected to friends for companionship.<sup>2</sup>

As a man entering his 60s in a matter of weeks, I have become curious about male aging, friendship and loneliness. The work of Harvard professor Dr. Arthur C. Brooks has informed my thinking about aging. (See: *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life.*) As many sages before him have said, happiness is mainly about detaching

from how we think things “should” be, accepting how things actually are, and then taking action to improve what we can.

Many men have had early careers in which they were at the height of their most innovative thinking, with mental capacities peaking in their 20s and 30s. It is believed that as we age, the “fluid” thinking of one’s youth does not exist later in life, when an aging brain shifts, quite naturally and biologically, from “fluid” thinking to “crystalline” thinking.

Two curves exist in human brain development. The first curve happens before one’s late 30s to late 40s. Many call the first curve the “success curve” when our thinking is most agile and aggressive. But what neurology tells us is that change is the only sure thing in life. (Ok, and taxes.) Our brains change. And so, part of happiness in aging seniors is about accepting change – accepting this second curve in which we go from “worker” to “thinker.” In the second curve, our intelligence changes from “fluid intelligence” to “crystalline intelligence.”

The change is inevitable. The challenge is accepting the change as we age so we are happier and more connected as we move into the second half of life. To do so, we must break our addiction to our youth’s fluid “making phase” and fully accept and embrace our crystalline “teaching phase” and its gifts of connection, relationship-building, conversation and storytelling.

Amongst many foundational human needs, having a sense of purpose is very important to most people, especially men, who tend to get their self-worth from what they produce or earn. Like all of us, men who seek healthy aging need to find a way to make meaning out of the second half of their lives by connecting with others. By turning from product to people, and I don’t just mean gathering at the local pub, though I love that, I mean deciding how to accept and use our new “second curve” for the good of others.

Footnotes:

- 1 [www.ncbi.nlm.nih.gov/pmc/articles/PMC6131432/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6131432/)
- 2 [www.ageuk.org.uk/our-impact/policy-research/older-men-at-the-margins-how-men-combat-loneliness-in-later-life/](http://www.ageuk.org.uk/our-impact/policy-research/older-men-at-the-margins-how-men-combat-loneliness-in-later-life/)

# 2023 Senior Farmer’s Market Produce Debit Cards are Here!

The Senior Farmer’s Market Nutrition Program (SFMNP) is a “Win-Win” program, which benefits both low-income seniors and our local farmers! Local farmers sell more produce and seniors who otherwise could not afford it are able to purchase organic, fresh fruits and vegetables as an excellent supplement to a healthy diet.

Eligible low-income seniors will receive a debit card worth \$80 to purchase fresh fruits and vegetables at authorized farmers markets.

Who Is Eligible? (Must meet all three criteria):

- 1. Island County resident
- 2. Age : 60+ for non-Native Americans, 55+ for Native Americans
- 3. Income:  
Up to \$2,248/ month for 1 person  
Up to \$3,040/month for 2 people  
For larger households, add \$792 per person.

How Do I Apply?

Applications are now being accepted. You can either go to our website [www.senior-resources.org/nutrition/overview](http://www.senior-resources.org/nutrition/overview) and apply online, or download and mail the application to us, or call (360) 321-1600 ext. “0” to get more details about how to pick up an

application. Debit Cards and funds are limited so please call soon.

We will be mailing out your debit card once we have all the necessary information. Debit cards are good through October, depending on the Farmer’s Market seasonal time frame.

Participating markets

A list of participating authorized farmers markets and farm stores will be posted at [www.senior-resources.org/nutrition/overview](http://www.senior-resources.org/nutrition/overview) when available and a list will be included with the mailed debit cards.



Island Senior Resources

VOLUNTEERS NEEDED!

For Dining Room:  
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ACCEPTANCE continued from page 1

When mental energy focuses on the positive, it re-sets negative thinking and builds resilience and good physical and mental health. Accepting your aging process may also mean adjusting to accepting the aging of others. I remember my mother as a hard worker in her 50s in her job as a librarian, managing church events, and volunteering at the soup kitchen. I also have memories of her in her last years, barely able to talk, but when we visited, she'd brighten and become attentive. She could still smile even if she couldn't speak. It's what she could do, not what she couldn't, that mattered.

I told my mother's caregivers what a vibrant woman she had been, not with sadness that she was not that way any longer, but with pride for the life she had led and the positive attitude she had had through the last 15 years of major health challenges. I hope my daughter will someday share stories of her mother who travelled the world, volunteered, and lived with passion, purpose, and dedication every day of her life. I also hope she will share stories of how I was grateful for every day I had, that I was positive to the very end, and through each setback accepted what I could still do, even if it was just to smile at her.

Senior Striders

The Senior Striders meet every Thursday morning (about 9:00), regardless of the weather, to do hour-long hikes on Whidbey Island, usually somewhere between Clinton and Coupeville. Occasionally, the Striders will do "discovery" hikes at places like Deception Pass, Anacortes, Port Townsend, or the mainland.



Typically, the Striders form two groups before starting a hike. One group comprises those who prefer to hike very leisurely, and the other is for hard-chargers. The one rule the Striders have is no dogs are allowed on the hike. If you want to join the Senior Striders, please call ISR Bayview at 360-321-1600. Your contact information will be passed on to the hike coordinator, who sends weekly emails about the upcoming hike.

Not Giving In or Giving Up

By Robin Bush ISR Communications

B.J. Miller, MD, a palliative care physician at the University of California, San Francisco, Cancer Center, had his lower legs and part of one arm amputated after an accident when he was a college sophomore. Today, he is pleased with his prosthetic limbs, "I have carbon fiber feet, and they are beautiful. I became fascinated with the idea of working with what we have and celebrating the difference." He's learned a great deal from his experience that he shares to guide and inspire others.



Working with what we have is one of the keys to accepting aging with grace and gratitude. He believes that accepting physical decline or other consequences of aging is about not giving in or giving up. Instead, it's about how we think about aging. The first key thought, he believes, is recognizing what you can and cannot control and letting go of what you cannot control. "You're not completely powerless, but don't pretend you can control everything," he says. The second is finding your strength. "We are living human flesh that can be hurt, but we still go on. That's our strength." The third is welcoming change. "We are creating and re-creating ourselves all the time. We are always changing." And lastly, is seeking and discovering your resilience. "Think of all the things you've lost... You've had losses and dealt with them and regrouped a million times." You can do this. You know how.

Take a long look at yourself – not in the mirror, just in your head and ask, "What have I got? That's what I have to work with, so what can I do today with what I've got?" Let BJ's words ring over and over in your mind. 1. Let go of control, 2. Find your strength, 3. Welcome change, 4. Seek your resilience.

Note: to protect medical privacy, this image is an example of one type of prosthetic limbs, it is not an image of Dr. Miller's carbon fiber feet.

Research from: The Power of Accepting Aging (brainandlife.org)

SNO-ISLE LIBRARIES

Find your summer reading!

It's time to start working on your summer reading list! Whether vacationing, enjoying a beach day, or relaxing in the backyard hammock, this season goes hand in hand with good reading. Sno-Isle Libraries can help provide reading materials all summer long.

BUILD YOUR TO-BE-READ LIST

Head to Sno-Isle Libraries website or visit your library to start compiling your summer reading list. Browse new releases, award winners, staff picks, and more on our website. You can also ask a librarian for personalized recommendations! Place desired titles on hold or add them to your "For Later" list. You can pause items throughout the summer months if you aren't ready for them.

Check out the staff picks section of our website for suggestions from hundreds of themed lists like Only Murders on the Beach, Great Reads to Take on Vacation, and Camp Out with a Good Book.

MIX IT UP!

If your summer focus is on cooking, crafting, or gardening, you can find librarian-curated

lists around these topics, such as Small But Mighty Gardens, Exquisite Embroidery, and Cookbook Connections: Ice Cream and Other Frozen Delights.

You can also use the library website to access a wide variety of online magazines and newspapers, both local and beyond.

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Do you have extended travel plans? Install the Libby app to take eBooks and digital audiobooks wherever you roam. Unsure about how it works? Book a librarian to walk you through it: sno-isle.org/book-a-librarian.

SUMMER READING WITH KIDS

Foster the enjoyment of reading by encouraging the youth in your life to participate in the Sno-Isle Libraries Summer Reading program. Starting in June, kids and teens earn a free book after reading or being read to for 10 hours. This program unites readers of all ages.

To learn more about how to find your summer reading, visit sno-isle.org or speak to a librarian at your local library.

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