



Tai Chi went outside on a sunny March Day

## National Senior Health and Fitness Day

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

National Senior Health and Fitness Day is celebrating its 30th anniversary event this year, Wednesday, May 31. This day is dedicated to bettering the health of seniors. The goal is to help seniors stay fit and healthy. This day is used to show various options of physical activity available for seniors and importance of nutrition and exercise to prevent illness. A healthy diet boosts immunity and energy while regular exercise retains bone mass and lowers the risk of fractures as well as any other disease or condition.

Seniors benefit from physical activity in several ways and many activities can be modified to fit any limitations. Some of the benefits of physical activity include:

- Reduce fall risk and increase ability to live independently
- Maintain strength, healthy joints and muscles
- Helps to reduce or control blood pressure
- Reduce the risk of diabetes and colon cancer
- Eases symptoms of anxiety
- Reduces and prevents arthritis joint swelling and pain

Did you know that you can come try classes for free? Yes, that is correct your first class is always free. The Center is also a Renew Active and Silver and Fit facility which means if you qualify for these programs through your insurance provider you can participate in Tai Chi, Yoga and Enhance Fitness at no cost. Please bring your insurance card in and a staff member will be happy to check to see if you qualify. We offer several fitness classes each week. Our class schedule is:

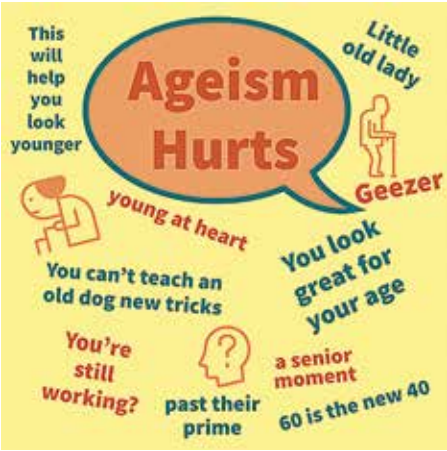
**SENIOR HEALTH** continued on page 8

## Healthy Aging Part 5: Defeating Ageism

By Robin Bush ISR Communications

Ageism was coined in 1968, defined as prejudicial attitudes and policies that perpetuate negative stereotypes toward older people. Over 50 years later, the negative portrayal of age is still embedded in every aspect of our culture. Ageism causes people to be excluded from society, limits people's activities and aspirations, and damages health and well-being. The W.H.O. defines ageism as "the stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward people based on their age." While our population is aging and people are living longer, the myths that cognitive and physical decline is inevitable and that older people are a drain on society perpetuate discrimination against older Americans. But this can change. One out of five Americans is projected to be over 60 in 2025. This age group is a powerful force for social change. The baby boomers are more educated than previous generations and, as a group, have a history of being social activists. Now more than ever, it is time to understand the proliferation of ageism in our culture and to do something about it.

**Ageism in language.** Have you experienced someone making an ageist comment to you, or do you find yourself saying some of these phrases?



**AGEISM** continued on page 3

- You still have time*  
*You look great for your age*  
*Person of a certain age*  
*Are you still working?*  
*Past your prime*  
*You can't teach an old dog new tricks*  
*You are young at heart*  
*A senior moment*  
*Name-calling like: geezer, little old lady, little old man*  
*You look great for your age*  
*60 is the new 40*  
*Past her prime*  
*What does she expect at her age*  
*That's ageist language, and it is hurtful.*

**Ageism in the job market.** According to the Center for Aging Better, more than a third of 50–70-year-olds feel they are disadvantaged when applying for jobs, "Older adults are brought in for interview at a rate similar to younger applicants, yet older workers are offered jobs 40% less frequently than younger candidates with similar skills (Zippia). Older workers are often misperceived as being resistant to change, slower at adopting technology, having less energy, and thus frequently receive less training or promotions. While some businesses work hard to be known for their 50+ workforce, they often offer jobs that do not use the experience and skills of older workers.

**Ageism in healthcare.** Ageism can lead to older people not receiving the physical and mental healthcare they need. Assumptions are made about inevitable physical and cognitive decline, which reduces research, attention to symptoms, lack of testing of medications on those 75+, and few providers willing and qualified to take older patients. Only a small

## DID YOU KNOW?

A home void of clutter can lower cortisol (your stress hormone), promote productivity, increase your self-esteem, and help improve your sleep. [www.webmd.com/mental-health/mental-health-benefits-of-decluttering](http://www.webmd.com/mental-health/mental-health-benefits-of-decluttering)



**Declutter your space and turn that clutter into cash - rent a table today at the community garage sale on June 3!** See page 8 for more info.



**We can help you build a brochure to promote your event or business!**



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# ISR LEADERSHIP CORNER

## Aging Unbound

By Kathryn Howell  
ISR Senior Director of Community Programs

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our more senior citizens.

This year's OAM theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and promote the importance of enjoying independence and fulfillment by paving our paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Expand that



knowledge through reading, listening, classes, and creative activities.

- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and participating in community activities at your local senior center or elsewhere.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

During May, challenge the narrative on aging by volunteering. As our island population grows, program volunteers are needed more than ever. In 2022, ISR had 259 active volunteers serving 26,392 hours (an increase of 14 percent over 2021) and driving 263,155 miles, primarily supporting Meals on Wheels, Medical Transportation, Senior Thrift, the board of directors, and various committees. Most of our volunteers are 60+, and we have some volunteers well into their 80s. Visit our website to see our volunteer opportunities. (under the About tab at [www.senior-resources.org](http://www.senior-resources.org))

For more information about Older Americans Month, visit the OAM website, follow the Administration for Community Living on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.

## 2023 Senior Farmer's Market Produce Debit Cards are Coming!

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 will be accepted as of May 8. 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.



## Social Media Safety

Did you know seniors lost over \$1.6 billion due to online fraud in 2021, the most of any age group?



There is a new, in-depth guide for both seniors and caretakers that identifies common forms of social media fraud targeting seniors, how to avoid these scams, and what to do if you think you may be getting scammed. Go to: [www.allaboutcookies.org/social-media-safety-for-seniors](http://www.allaboutcookies.org/social-media-safety-for-seniors). It also includes information about password safety, security settings, personal information sharing, and source/fact-checking.

Allaboutcookies.org is an informational website to help consumers stay safe online.



Monthly eNews for seniors, adult with disabilities, and those who care for them  
360-321-1600

## 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

## ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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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.



TENSION continued from page 1

percentage of American medical schools require coursework in geriatric medicine, and there are about 7,000 geriatricians for a 54+ million American senior population. It is predicted we will need over 77,000 geriatricians by 2025. Research also shows that attitudes toward aging can contribute to healthcare staff spending less time with older patients resulting in less attention and less treatment which compromises physical and mental health, and results in higher rates of illness, increased care needs, and reduced quality of life.

**Ageism in Media.** Mass media perpetuates ageism. A quarter of ads feature people in their 50’s, and only 5% feature those over 70. Americans spend billions of dollars on anti-aging products each year, from hormones, sexual dysfunction medication, steroids, supplements, over-the-counter medications, plastic surgery, diet drinks, and books on how to keep from growing old. The message is “Don’t grow old.” In 2021, only 2 percent of top movies had senior lead actors with less than 10 percent on TV.

**Steps of action.** Ageism surrounds us, but recognition empowers us to take action against it. The W.H.O. says there are three ways to do this:

- 1. Education to dispel myths and stereotypes and then to raise awareness of the impact of ageism on individuals and our culture.
- 2. Create intergenerational opportunities to build cooperation and empathy across generations.

3. Work toward law and policy changes to reduce inequity and discrimination.

Not all of us can be involved in system-wide and culturally reforming action. Still, we can contribute to these efforts by understanding how ageism impacts our thinking and life experiences.

What CAN we do?

- Seek opportunities for continuing education to develop new skills that keep pace with the job market
- Advocate for built environment considerations (ramps, handrails, elevators)
- Participate in intergenerational activities. Children who lack contact with older persons can develop ageist attitudes
- Use purchasing power to support companies who use older spokespersons
- Contribute value through voluntary activities
- Advocate for pension plans and other retiree benefits
- Encourage elected officials to create legislation that provides legal protection against age discrimination
- Read “This Chair Rocks: A Manifesto Against Ageism” by Ashton Applewhite and “Breaking the Age Code” by Becca Levy, Ph.D.

We can reduce ageism by sharing our strength, vitality, and wisdom with others and by becoming powerful examples of the benefits to society of our longevity. It is time to move forward together!

# Ordinary People Leading Extraordinary Lives

By Robin Bush ISR Communications

Many people have turned their ordinary passions into extraordinary achievements. How do they do that?

Debbie Allen, 71, who, against the odds, became an award-winning choreographer, actress, producer, and director, says, “To make things happen, you must believe in yourself, and you must continue working on expanding your talent and your technique because just when you think you’re there, you’re not. There’s always something else you can learn. I’m still a student, and that’s what makes a difference.”

Twyla Tharp, 80, a young girl from Indiana who became a nationally recognized choreographer, dancer says, “Have a sense that you can do it, and if you don’t, you’ll fix it; you’ll make it work, and you’re going to laugh this time... You may not have gotten what you set out to get, but there is something to be learned from everything.”

Brian Sminga, 65, a young man with imagination who became a highly acclaimed software developer and founder of TEDxAsburyPark, is deeply curious. He turns his curiosity into action for himself and his community. His advice? “Never retire – if you are no longer working for an income, then advise a school, a nonprofit, or a startup. Pick an activity that keeps you moving. Spend as much time as you can outdoors... Be intergenerational... Ask the right questions of smart people.”

So be bold; it’s never too late. Don’t be afraid to try new things. Younger or older, we can all achieve extraordinary things as long as we decide to take the first step. You, too, can make a difference for yourself, someone else, or our community. Don’t let anyone tell you you can’t, least of all yourself. We are all extraordinary people.

## 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.

# Get that GIVING feeling

Your donations help us weave together services for Island County seniors, adults with disabilities and caregivers.

GiveBIG Washington is a statewide fundraising campaign where individuals and organizations come together across Washington to invest in our communities. When we give, we take a proactive step towards creating the society we want to live in.

Every spring, the excitement for GiveBIG builds through word-of-mouth, social media, and an extensive multimedia promotional campaign. You can find us on the Washington Gives Website under Island Senior Resources.

GiveBIG Washington 2023 is a 48-hour online giving event on May 2-3! Please go to our GiveBig Donate page at WWW.WAGIVES.ORG and put in Island Senior Resources

GiveBIG was started by the Seattle Foundation in 2011 and transferred to 501 Commons in 2018. Since its inception, nonprofits have raised over \$175 million!



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  
505 Arrowhead Rd, Camano Island

**Wednesdays**  
Lee's Place  
at Island Senior Resources - Bayview  
14394 SR 525 Langley  
Camano Center  
505 Arrowhead Rd, Camano Island  
Coupeville United Methodist Church  
608 N. Main St. Coupeville

**Fridays** - Starting May 4  
The Center in Oak Harbor  
51 SE Jerome St. Oak Harbor

Donations accepted to help cover the costs of lunch

NEED A RIDE?

PRIVATE RIDES FOR MEDICAL APPOINTMENTS AND ESSENTIAL ERRANDS

Island Senior Resources Help Request

or call: 360-321-1600  
Serving Whidbey & Camano Islands

www.senior-resources.org/medical-transportation/

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\* Annual Percentage Yield (APY) effective 04/21/2023. 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).

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# Pancake Breakfast

## Saturday, May 13

### 9-11 a.m.

**Pancakes, sausage links, fresh fruit, scrambled eggs, and door prizes!**



**14594 SR 525**  
**Langley**  
**Benefitting Meals on Wheels**  
**Donations gladly accepted**



## Marvelous Microwave Cookware

by Glenda Cantrell\*

Here are two helpful products anyone can use. I am in a wheelchair, so they certainly make my life easier and safer. First is the Panasonic Countertop Commercial Microwave Oven(1000 w). Most microwaves have a turntable which can be annoying and even dangerous. When removing a pot with boiling liquid, the turntable can twist, slip and come off the track. This microwave has a “bottom energy feed system” with no turntable and no need to turn the food while cooking. It also has Braille numbers if you need them. It is a more expensive commercial machine (made for Minimarts and similar stores), but well worth it for my safety and yours.

The second is, The ‘Lekue’ Microwave Rice, Grain, & Quinoa Cooker. It also works for cooking veggies, pasta, and more. I get so tired of cleaning up my microwave after a pot boils over, leaving sticky goo everywhere. This pot is



the answer! This inexpensive item has a rimmed lid with holes, so when the liquid boils up it is contained and doesn’t overflow. When you are finished cooking, turn the lid over and it becomes a pouring colander. It is made of a rubber-like substance that is light and relatively cool to the touch. I no longer worry about dumping scalding liquid into my lap!

Both these items make my cooking experience easier and can be found online on Amazon and other suppliers.

*\* 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. For more information, contact Glendacantrell@comcast.net or 360-720-2955.*

## SNO-ISLE LIBRARIES

### Dig into the growing season!

by Sno-Isle Libraries

It’s the time of year when we love to get our hands dirty! Whether planting seeds for vegetable gardens, weeding flower beds, or pruning away the dead foliage of winter, our green spaces demand a lot of our attention in the spring.

Reap the benefits of beautiful gardens and tasty veggies! Read on to learn about the tools and support Sno-Isle Libraries offers for new and seasoned gardeners alike.

#### EVENTS

Connect with your fellow gardeners and plant admirers at a variety of events like:

- **Plant shares:** Bring extra plants, seeds, or starts you don’t have space for, or just peruse the offerings for any you’d like to take home.
- **Library walks:** Join us for docent-guided tours through spaces like Meerkerk Gardens (May 24) and Whidbey Camano Land Trust (June 27)
- **Nature events:** Learn about bees, salmon, mushrooms, whales, and more in some of our nature-related talks and discussions.
- **A Seasonal Cooking Class:** Learn how to make delicious dishes using all the fresh green produce of the spring season.
- **The Wise Gardener Book Group:** This new group for gardening enthusiasts and newbies meets at 6 p.m. on the fourth

Thursday of each month at Clinton Community Hall. All are welcome!

New events are being added all the time! Check out our full calendar of events at [sno-isle.org/events](http://sno-isle.org/events).

#### ONLINE NATURE GUIDES

Sno-Isle Library cardholders have access to excellent gardening and nature databases, including:

- **Gale OneFile:** Gardening and Horticulture — For green thumbs of all levels! Access more than 3.6 million articles from journals and reference books.
- **Birds of the World:** Discover the world of birds through comprehensive life histories for all bird species and families.

#### BOOKLISTS

No matter what information you seek, there’s probably a good book about it. Browse the Sno-Isle Libraries website for comprehensive lists about subjects including landscaping, flower gardening, container gardening and vegetable gardening. Plus, get librarian-curated book lists like *Get Excited to Garden*, *Grown in the Pacific Northwest*, *Gardening with Kids*, and so much more. You can also always ask a librarian for recommendations specific to your needs.

To learn more about the gardening resources offered by Sno-Isle Libraries, visit [sno-isle.org](http://sno-isle.org) or speak to a librarian at your local library.



# Presents DEATH CAFE

LET’S TALK ABOUT DEATH, DRINK TEA, AND EAT CAKE

## Tea & Cake & Death



**TUESDAY MAY 2ND**  
**6 P.M. - 8 P.M.**  
Island Senior Resources Bayview  
14594 SR 525, Langley

**TUESDAY MAY 9TH**  
**6 P.M. - 7:30 P.M.**  
Oak Harbor Library  
1000 SE Regatta Dr  
Oak Harbor

(360) 321-1600 [www.senior-resources.org](http://www.senior-resources.org)  
<https://www.facebook.com/islandseniors> <https://www.instagram.com/islandseniors/>

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



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\*Age 65 and over, just show your driver’s license at the cash register.  
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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):

**Tuesday, May 16, 2 p.m.**  
*Island Senior Resources, Bayview,  
14594 SR 525, Langley, WA*

**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*

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.



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.

MAY 3: NO BINGO

Back next Month

MAY 10: WHIDBEY HEALTH HOSPICE CARE

Introduction to Hospice and its many services. Learn how it can optimize the quality of your life and in many cases even extend it.

MAY 17: LOVE AND CARE FOR YOUR CANINE COMPANIONS

Dr. Kidder, Central Whidbey veterinarian, will answer questions about caring for and loving pets.

MAY 24: PACIFIC RIM INSTITUTE:  
Informing People and Communities to Live Sustainably

Robert Pellent will discuss how to reintroduce native plants into your yard and garden.

MAY 31: BLUEGRASS & FOLK MUSIC BY THE FIDDLE CHIX

An all-female string ensemble guaranteed to get your toes tapping!

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 or 360-678-3373 or 360-387-6201 ext 0.

**Thursday, May 11 • 2 p.m.**

**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. For more information call 360-321-1600 or 360-678-3373.

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MAY

Contributions to cover cost of meals are appreciated

WEEK 1		
Mon	1	Pork Chops w/Apples
Wed	3	Chicken Alfredo Fettucini
Fri	5	Taco Salad w/Ground Beef
WEEK 2		
Mon	8	Swedish Meatballs w/Mushrooms
Wed	10	Pizza w/Meat and Veggies
Fri	12	Ham & Cheese Croissant
WEEK 3		
Mon	15	Lasagna w/Ground Beef & Marinara
Wed	17	Chicken Cordon Bleu
Fri	19	Antipasta Salad w/Pasta & Veggies
WEEK 4		
Mon	22	Sweet & Sour Chicken w/Pineapple
Wed	24	Rueben Casserole
Fri	26	BLT Wrap & Salad
WEEK 5		
Mon	29	Holiday- No Meal Service
Wed	31	Baked Macaroni & Cheese w/Ham

Penn Cove Water Festival  
May 13, 2023

Tribal Canoe Races, Music, Dancers, Food, Native Arts & Crafts, Storytelling, Youth Activities

Coupeville, Whidbey Island, WA

[penncovewaterfestival.com](http://penncovewaterfestival.com)  
[penncovewaterfestival@gmail.com](mailto:penncovewaterfestival@gmail.com)

In Loving Memory of Jim Hilario, Jim Freeman, and Benye Weber, and Deep appreciation to the Roger Purdue family

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# 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
- 1 History Class (begins 4/13)
- 1 Reader's Theater

## FRIDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting & Textiles
- 10 EnhanceFitness (Low Impact)
- 10:30 Over Ninety Club
- 11:45 Lunch (ISR)
- 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

## Member Spotlight: Yes Way, Jose!

By Liz Lange City of Oak Harbor, Senior Services Administrator

This month we have a very special spotlight. He may not be old enough for a bonafide membership at The Center in Oak Harbor, but there is no doubt he is an essential member of our community.

Jose Ochoa, owner of Noe Jose Café Family Restaurant on Pioneer Way in Oak Harbor, has a heart of gold and a golden spoon when it comes to cooking up large orders for lunch. Noe Jose Cafe, named for his brother Noe and himself, serves delicious American style food as well as authentic Mexican dishes. It's a family affair for sure, with Jose's mother, the talented Silvia Acuna, bringing her family recipes to the kitchen for delicious Mexican cuisine. Jose's lovely wife, Isabell Davis, and their

two beautiful daughters are also part of the team at the family run restaurant.

When I approached Jose in the end of 2021 about providing meals for our temporary community lunch program at The Center in Oak Harbor, right off the bat his attitude was "Yes! How can we make this happen! Whatever you want to do we will make it work!" He said he told his mom about my request to provide regular lunches to older adults in the community at The Center in Oak Harbor and she right away jumped in to help come up with meal ideas and get them prepared.

With funding received from Island County, Puget Sound Energy Foundation, Puget Sound Energy Corporation, and donations from individuals, the Thursday lunches kicked off in January 2021. Since the start of the program Noe's team has prepared 1,847 meals that were serve to older adults on North Whidbey through our lunch program. While other local restaurants participated in the program, Noe Jose was the constant, providing discounted and delicious hot meals.

Attendees at the Thursday lunches would send special requests for upcoming lunches "Can you tell Jose that its Linda's birthday next week, and she wants the enchiladas?" so as staff we would relay the request, and like magic the lunch the following week would be enchiladas!

When we picked up our last Thursday lunch order of 50 lunches, April 20, Jose shared how grateful he was for the



Duncan Chalfant, Oak Harbor Senior Center Foundation Board President with Jose Ochoa at the beginning of the meal program

opportunity to serve the community in this way. He also shared that the support it gave to his family restaurant was so beneficial during the slow period of rebuilding after the COVID pandemic, and through the slower winter months.

A graduate from Oak Harbor High School, and participant in their culinary program, Jose worked at many local restaurants before deciding to start one of his own. We are sure glad he did! If you want to go somewhere to have a meal you will enjoy just as much in your soul as your stomach, head over to Nose Jose Café and make sure to thank Jose for serving our community so graciously with his delicious cooking.

Three cheers for Jose Ochoa!

### ROOF REPLACEMENT

#### Building Closure May 14th-23rd

The roof replacement is a two part project. In 2022 part one was completed with the shingled area of our roof being replaced. While there was a bit more noise than usual we were able to stay open with little interruption.

The second part of the roof replacement project is more involved and requires the use of a crane for a period of time, and substantially more noise and disruption. For this reason The Center in Oak Harbor will be closed May 14th - May 23rd. There is a possibility we can host programs on May 22 & 23rd. Watch for information on re-opening to come the week of May 14-23.

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TRAVEL LOG

DAY TRIPS:

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.

COSMIC ADVENTURES:  
NATIONAL GEOGRAPHIC LIVE  
(Benaroya Hall)

Sunday, May 21 | 9:30 AM – 6:30 PM  
\$155 for Center Members  
\$186 for all others

Discover the marvels of our cosmic backyard through the eyes of the robotic spacecraft sent out to explore it. Aerospace engineer Tracy Drain works at NASA’s Jet Propulsion Laboratory to develop, test, and operate complex machines that uncover some of the countless mysteries within and beyond our solar system. Join her for thrilling stories of engineering challenges and scientific discoveries from the Kepler mission and its hunt for planets beyond our solar system, a behind-the-scenes account of the Juno mission to Jupiter, and a peek into the Psyche mission to one of the largest objects in the asteroid belt. With infectious enthusiasm, she will shine a light on the darkness and vastness of space. We will stop prior to the matinee showing for a no-host lunch.



CAPE FLATTERY

Wednesday, June 14 | 8 AM – 9:30 PM  
\$145 for Center members  
\$174 for all others

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 for Center members, \$84 for all others

Come for a ride to Marysville to the annual Strawberry Festival, complete with a carnival and all the yummy carnival 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 for Center members  
\$180 for all others

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:

CLASSICAL GREECE

Sept. 24 – Oct. 4  
\$4,029 per person double  
\$4,629 per person single

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 8, 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



Live Music & Dancing Featuring  
Oak Harbor High School JAZZ BAND

LIVE AT THE CENTER IN OAK HARBOR  
SATURDAY, MAY 13TH  
DOORS OPEN 6:30PM  
BAND PLAYS AT 7:00 PM

Admission by donation, suggested donation \$10.  
All admission proceeds go to the OHHS Jazz Band.  
All ages welcome.  
No host bar & light refreshments.

EYES ON HEALTH WORD SEARCH

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

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

- AMBLYOPIA  
ASTIGMATISM  
BLEPHARITIS  
CATARACTS  
COLOBOMA  
COLOR BLINDNESS  
DRYNESS  
EDEMA  
EYE  
FLOATERS  
GLAUCOMA  
GRAVES  
HYPEROPIA
- LOW VISION  
MYOPIA  
PINK EYE  
PRESBYOPIA
- REDNESS  
RETINOBLASTOMA  
STARGARDT  
UVEITIS

ANSWERS



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Keeping active with a game of Ping Pong at The Center in Oak Harbor

SENIOR HEALTH continued from page 1

<b>Monday/Wednesday/Friday</b>	We look forward to seeing you at The Center in Oak Harbor for our many opportunities we have which can help better your health and fitness. The Center is open Monday through Friday
8:45 am – Enhance Fitness	
10 am – Enhance Fitness Low-Impact	
<b>Tuesday/Thursday</b>	
8:30 am – Yoga	8:30 a.m. to 4 p.m.
10 am – Tai Chi	



Enhance Fitness Low Impact class

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**Volume 7  
Issue 1**

BRING YOUR GRANDMOTHERS, MOTHERS, DAUGHTERS & FRIENDS TO CELEBRATE MOTHERS DAY WITH US AT OUR

# High Tea

THE CENTER IN OAK HARBOR  
SATURDAY, MAY 13TH  
12:00 PM | PRE-PURCHASE TICKETS: \$20

Tea includes a gracious selection of finger foods.  
Fancy hats are encouraged.  
Pre-purchase tickets at The Center, online, or by calling 360-279-4580



# 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:**  
**History Class: The Silk Road**  
**Thursdays, April 13 - June 15 | 1 PM**  
\$40 for members, \$90 for all others (includes day use fees)  
Instructor Debbie Wallin will guide you through the early development of trade between Europe and China from ancient times through the Age of Exploration.



**Getting Ready for Medicare**  
**Friday, June 16 | 11 AM**  
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.



**Huge Indoor Community Garage Sale**  
Saturday, June 3rd from 8AM - 2PM  
The Center in Oak Harbor  
51 SE Jerome St., Oak Harbor  
Have stuff to sell? Rent a table for \$20

