

Island Times

Look for Island Times the LAST Thursday of each month
FEB. 2020

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR

Volume 3 • Issue 10

Aging in Friendship

By Christina Baldwin

Board Member, Island Senior Resources

Valentines are not just for "lovers." Now that I have grey hair and wrinkles and the freedom this brings, I speak the word "sweetheart" when referring to my partner, my puppy, my girlfriends, my grandchildren, sometimes a stranger when we've dipped into story. "Take care, sweetheart," is a catch-all phrase meaning "my heart is open to you." Though Feb. 14 has been marketed by greeting card, florist, and chocolatier companies, expressing affection is not a one-day-product but a habit of the heart cultivated in daily life.

When we are very young, we are often taught to see love in a wide spectrum of relationships. We give valentines to parents, grandparents, and school chums. At court- ing age, we seek a special someone with whom we can make a paired life. We have friends and work colleagues and shared memberships that support our family lives. In retirement years, we reconfigure our social patterns and may change locale as well as routine.

In a recent community gathering, in a crowd generally aged 50-75, among those in the room, I counted eight widows, 18 women and five men I knew to be living alone and noticed a dozen couples in various stages of frailty and mutual care. It occurred to me again how developing and maintaining friends is a significant part of the journey of aging: we need a lot of sweethearts.

"A friend may well be reckoned the masterpiece of nature."
~Ralph Waldo Emerson



Helen and Ken Bates

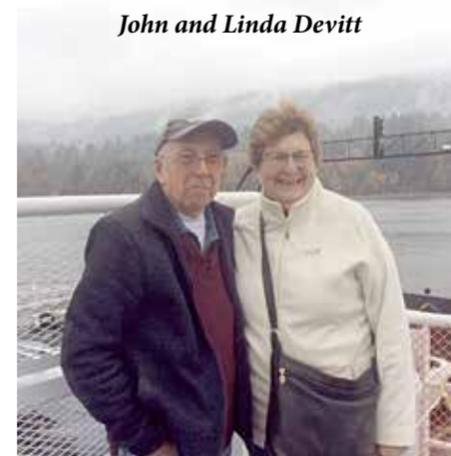
Season of Love

By Jade Brown

Program Assistant, Oak Harbor Senior Services

It's the month of love with Valentine's Day quickly approaching! Now, I know people have mixed feelings about this day, some people love it, and some people think why do we choose one day to show someone we love them. It also tends to be the day single people cannot stand. Or it's considered a frivolous holiday. Now, we can all have whatever opinions we want about this holiday, but it never hurts to show your love to someone.

For those who love Valentine's Day, embrace it and show love to everyone. Valentine's Day doesn't have to be just about your significant other. We can show love to friends, family, and complete strangers. In middle school and



John and Linda Devitt

high school, we use to give out candy grams. It was always so exciting to see who received candy grams, or wonder if someone would send you one!

Now, for those who don't necessarily enjoy Valentine's Day. Why show your love for someone one day, when you can show love every day? Why spend outrageous amounts of money on candies

SEASON continued on page 3

AGING continued on page 12



QUESTION OF THE MONTH: WHAT IS MOST SPECIAL TO YOU ABOUT LIVING ON WHIDBEY?

Lyn Gray

Freeland

"Spectacular views, amazing wildlife, and the sense of calm when you come off the ferry, but #1 is the sense of community - people are always ready to help."

Mary

Oak Harbor

"The eagles."

Paula Peters

Freeland

"The people and the sense of community. When we came to Whidbey, I found folks were helpful and kind. A smile and a hello from a stranger are a daily occurrence!"

Debbie Wallin

Oak Harbor

"The nature."

Bob Wallin, 69

Oak Harbor

"The access we have to all of the beauty and beautiful beaches."

Lynne Hunsaker

Freeland

"The feeling of community. I appreciate the kindness that I feel day to day. I'm thankful that my children witness community members looking out for each other."

Maggie

Oak Harbor

"The natural beauty, being able to see Mt. Rainer and Mt. Baker on a clear day."

Jennifer Pearson

Freeland

"The spirit that makes up the Whidbey community is one that constantly amazes me. People are always willing to help, to give, and to support each other."



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The Center in Oak Harbor

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Normal Business Hours:

Mon-Fri, 8:30 am - 4:30 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 Waymire • 360-279-4583

Program Coordinator

Jade Brown • 360-279-4582

Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

Member Spotlight: Gordy Eggett

By Carly Waymire

Program Coordinator, City of Oak Harbor Senior Services

Gordy Eggett has been a member of the Center for the last few years and utilizes the billiards room almost every morning during the week. Him, along with a group of other gentlemen enjoy playing the game of pool together. Not only do they come for the competition, but also for the enjoyment of each other's company. Gordy said, "We play for fun and enjoy the comradery!" Interestingly, one of the other men in the group, Bob Seppi, has been friends with Gordy for 48 years.

Gordy and Bob met while in the Navy together and still keep their friendship strong by spending time with each other playing pool almost every weekday morning. The Navy is also what brought Gordy to Oak Harbor in 1958. It wasn't until 1975 that he retired in Oak Harbor from the Navy and was free to go, but he had already decided that the Island

was home for him. Thirteen years after retiring, Gordy decided to move to Chelan, Washington where he had the opportunity of running the Spader Bay Resort. During his time there, he worked night and day to keep the resort running smoothly. Gordy explained how he was the manager, the maintenance man, the security, and whatever else he needed to be. This opportunity gave him a lot of experience and skills along with enjoyable times and good memories. After twelve years in Chelan, Gordy decided it was time to get back to Whidbey Island and returned to work construction and do home repairs.



Gordy (L) and Bob (R), friends for 48 years who still play pool together

Currently, Gordy is married to Charmaine and this spring they will be celebrating 9 years of marriage. They have a 17-year-old son who resides with them in Oak Harbor. As you can tell, Gordy is a fun-spirited guy who is also filled with talent and handyman skills who brings a lot of joy to the Center and those around him.



Gordy enjoying a game of pool at The Center

W.I.G.S.

(Whidbey Island Genealogical Searchers)

Please note **NEW DATE and LOCATION**

Tuesday, Feb. 18, 1-3 p.m.
Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor

Maureen MacDonald will present
"1880-1900 - Fill in the Gap."

All are welcome to attend.

For more information about W.I.G.S. visit www.whidbeygensearchers.org



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The Center in Oak Harbor, 360-279-4580

SEASONS continued from page 1

and flowers when you can buy a cheaper bouquet of flowers any other day?

No matter what our opinions are about this day of love, I think the most important message this day brings is love, love one another. We can spend money to show love, we can use words to show love, we can use actions to show love. Is this not what the different love languages are all about? We all have different ways of showing love for others, and it's what makes love so special. So, this Valentine's Day, or any day of the year, remember to share love with those around you.



Tom and Cita Clatterbuck

Medicare Special Enrollment Period Options

By Jean Mathison, State-wide Health Insurance Benefits Advisors Volunteer

Last fall, the Medicare website rolled out a new Plan Finder, the online program that helped Medicare enrollees identify the 2020 plans with the lowest prescription costs for individual prescription medications. There is concern errors or confusion may have resulted in higher costs from what was expected. People in this situation may be able to change plans by first identifying a new plan of choice, and then calling 1-800-MEDICARE to explain the situation.

In addition, we are now in what is called a General Enrollment Period, which runs from Jan. 1 to March 31 and applies to individuals who fall into one of these categories:

- Those who are eligible for Medicare but did not sign up for Medicare Part A and/or Part B during their Initial Enrollment Period, and who did not qualify for a Special Enrollment Period, such as employer healthcare coverage. They can sign up during the annual General Enrollment Period, Jan. 1 through March 31. Coverage will not begin until July 1 and penalties may apply.
Note: Individuals eligible for free Medicare Part A, but missed the Initial Enrollment Period, can sign up for Part A at any time. This General Enrollment Period will apply to Part B.
- Medicare enrollees who were enrolled in a Medicare Advantage Plan Jan. 1 and find the plan is not meeting their needs, and want to change to a different Medicare Advantage Plan.
- Medicare enrollees who were enrolled in a Medicare Advantage Plan Jan. 1 and want to return to original Medicare and a stand-alone Part D prescription plan. (Not all of these individuals are guaranteed the right to enroll in a Medicare Supplemental Plan, so it is important to know the facts before making a switch.)

If you fall under one of the above categories and want more clarification about what options are available to you, please join the SHIBA volunteers (State-wide Health Insurance Benefits Advisors) at The Center March 6 at 10 a.m. for an informative presentation explaining the Special Enrollment Period.

For further questions and information about Medicare, SHIBA volunteers (State-wide Health Insurance Benefits Advisors), a program with the Washington State Office of the insurance commissioner, are available at three Whidbey Island locations to assist with Medicare changes and enrollment. Individual appointments can be scheduled by calling:

The Center Oak Harbor 360-279-4580, ext. 1	Island Senior Resources Langley 360-321-1600, ext. 0	WhidbeyHealth Coupeville 360-678-5151
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7-8pm
Oak Harbor Elks Lodge

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CLASSES and EVENTS at The Center in Oak Harbor

NEW! HULA

Thursdays | 10 a.m.

This low impact exercise will teach you the graceful hand movements and footwork of the Hula dance. No previous hula experience is required.

BACK TO KNITTING CLASS

1st & 3rd Mondays | 2 p.m.

This class is for those who are experienced knitters but have stopped knitting because of a life-altering circumstance, illness or injury. An experienced knitter will guide you through simple patterns to get you back to knitting like you used to.

CHESS LESSONS

Wednesdays | 10 a.m.

Learn the game of chess with a professional chess coach.

FREE TAX PREPARATION

Fridays, February through April
April by appointment

AARP will be offering free tax preparation Fridays at The Center. Be sure to make your appointment and get your taxes filed for free.

GAME DAY WATCH PARTY

Sunday, Feb. 2

Come watch the big game with us and bring your favorite game day snack to share!

NEW YORK CITY TRAVEL PRESENTATION

Wednesday, Feb. 5 | 1 p.m.

Visit America's most exciting city, New York City. Explore the 9/11 Memorial and Museum, experience two Broadway shows, embark on a voyage to the Lady Liberty, join a local guide for a tour of New York City's time-honored landmarks, and enjoy breakfast at the famous Ellen's Stardust Diner featuring singing wait staff during this 5-day tour. Includes air and ground transportation and five meals.

55TH ANNUAL SWEETHEART OF GEMS SHOWS

Saturday, Feb. 8 | 9 a.m. – 5 p.m.

Sunday, Feb. 9 | 9 a.m. – 4 p.m.

Bring your friends and family to Whidbey Island Oak Harbor Senior Center for a day of fun and explore our fascinating world of Lapidary. Live demonstrations, educational displays, handmade jewelry, door prizes and more!

STOP THE LEAKAGE! INCONTINENCE PRESENTATION

Tuesday, Feb. 11 | Noon

Morghan Milagrosa, ARNP, WHNP-BC, CNM, IBCLC, MSN and Dr. Melissa Chinn, DO, of Chinn GYN in Mount Vernon, Wash. will host a presentation about the ins and outs of incontinence in the older adult. They will discuss underlying causes and contributing factors, management

of urinary leakage, the kinds of urinary incontinence, and all possible treatment options—one of which will be available for interested listeners to try!

ISLAND TRANSIT PRESENTATION

Wednesday, Feb. 12 | 11 a.m.

Thursday, Feb. 13 | 11 a.m.

All Aboard for an introduction to Island Transit including the latest news about fare free bus service, paratransit, and Ride with a Guide Tours for 2020. Play Transit Trivia for a chance to win prizes!

NATUROPATHIC PRESENTATION: NATURAL HEALING TECHNIQUES

Thursday, Feb. 20 | 1 p.m.

Come and learn the natural way to perfect health (no drugs), bring a notebook and an open mind!



ROARING 20'S PARTY

Friday, Feb. 28 | 6 – 9 p.m.

Tickets: \$21

Join us for live music by The Seanotes and a roaring good time! Hors D'oeuvres are included with the ticket and giggle juice will be available. You are encouraged to wear 1920s fashion! Tickets can be purchased at The Center or by phone at 360-279-4580.



PIE CONTEST

Thursday, March 12 | 12:30 p.m.

Celebrate Pie Day and come to the center to be a pie taster and judge! Or submit a pie to be in the pie contest.



THE CENTER IN OAK HARBOR ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 2 Back to Knitting (1st & 3rd Monday) 2:30 Parkinsons Singing Group (1st & 3rd Monday) 3 Clogging 5 Tai Chi	8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 6 Pinochle 6 Lapidary 6:30 Stamp Club (2nd & 4th Tuesdays) SHIBA – By appointment	9 Billiards 9 Lapidary 9:45 Enhance Fitness 10 Wire Wrap (3rd Wednesday) 10 Chess Lessons 11:30 Duplicate Bridge 11:30 LUNCH 12 Party Bridge 12:30 Ping Pong 1 Paper Crafts (2nd & 4th Wednesday) 2 Caregiver Support (4th Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 10 Creative Writing 10 Walking Club 11 Mah Jongg 11 Mexican Train 1 Reiki Treatments 1 History Class 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	8:30 Tai Chi 9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 7 Country Dance (2nd Friday) 6:30 Old Time Fiddlers (1st Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball (First Saturday only)

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together* 11:30 Lunch Served 1 Mahjong 1 Intermediate Line Dancing 2 Beginner Line Dancing	8:45 Tai Chi Wu Style 9 Foot Clinic – call 360-341-3210 for appt 10 Time Together* 10:30 Ukulele with Talia 11:30 Lunch Served 12:30 Lunch & Learn 2 Community Jam Session Feb. 4 - 1st Tuesday 10 Parkinson's Support Group** Feb. 11 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singers* Feb. 18 - 3rd Tuesday 10 MS Support Group Feb. 25 - 4th Tuesday 10 Early Stages Dementia Support Group 2:30 Parkinson's Singers*	10 Quilters & Crafters 10 Time Together* 11:30 Lunch Served Feb. 26 - Last Wednesday 11:30 Birthday cake and Party (all are welcome)	8:30 Bridge 9 Senior Striders 12:15 Whidbey Prime Time Players rehearsal 6 Twilight Bridge Feb. 20 - 3rd Thursday 4 Peer Support Group for Professional Caregivers	10 Time Together* 10:30 Fun Band 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 11:30 Lunch Served 2 Legal consults (call for dates and appointments) Feb. 21 - 3rd Friday 10 Death Cafe	11 Israeli Circle Dance

*Activities are held at St. Augustine's-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland
Call Island Senior Resources for instructor contact numbers and information.

DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT'S ALWAYS ADVISABLE TO CALL TO CONFIRM.

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MEAL SITES & HOURS

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14594 SR 525, Langley, WA 98260 • 360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:30 a.m.

THE CENTER IN OAK HARBOR

51 SE Jerome Street, Oak Harbor, WA 98277
360-279-0367 (kitchen) or 360-279-4580 (Center)
Meals served Mon, Wed, Fri, 11:30 a.m.

CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222
Meals served Mon, Wed, Fri, noon

CAMBAY APARTMENTS

50 North Main Street, Coupeville, WA 98239
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:30 a.m.

BROOKHAVEN

150 4th Street, Langley, WA 98260 • 360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.

COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239 • 360-678-4256
Meals served Wed, 11:30 a.m.

HILLSIDE EVANGELICAL FREE CHURCH

874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211
Meals served Wed, Fri, 11:30 a.m.

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal. They are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program.

Due to rising costs, effective April 1, the suggested donation for community meals will be \$6/meal. Meals on Wheels suggested donation will be \$6/hot meal and \$5/frozen meal.

MENU - FEBRUARY

\$6 Suggested donation for meals

WEEK 1

Mon	3	Pulled Pork Sandwich
Tues	4	Chicken & Dumplings
Wed	5	Asian Chicken Salad
Thurs	6	Chef's Choice
Fri	7	Beef Stroganoff

WEEK 2

Mon	10	Red Beans & Rice w/Sausage
Tues	11	Potato Bar w/Toppings
Wed	12	Impossible Taco Pie
Thurs	13	Chef's Choice
Fri	14	Valentine's Pork Tenderloin

WEEK 3

Mon	17	President's Day – Meal Sites Closed
Tues	18	Turkey Cranberry Wrap
Wed	19	Beef Enchilada Bake
Thurs	20	Chef's Choice
Fri	21	Mardi Gras Chicken & Creole Rice

WEEK 4

Mon	24	Swedish Meatballs
Tues	25	Half Best Reuben Sandwich
Wed	26	Chicken Alfredo w/Pasta
Thurs	27	Chef's Choice
Fri	28	Vegetables Lasagna

TRAVEL LOG

THE CENTER IN OAK HARBOR

For more information, call the Front Desk, 360-279-4580

MYSTERY LUNCHES

Wednesday, February 19
Thursday, March 19

Depart: 10:30 AM – Return: 2:30 PM
Member: \$20 • Non-Member: \$30
Price includes transportation only

The mystery has been solved- these lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometimes there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

FEBRUARY



TEATRO ZINZANNI

Sunday, February 1

8:30 AM - 4:30 PM
Member: \$125 • Non-Member: \$150

Step back in time where Glitz and Glamour reign supreme. Teatro Zinzanni's main event is part circus, part cabaret, and always magical paired with a multi-course dinner. Let's put on the glitz and join in the fun. Cost includes transportation, three-hour show, and multi-course dinner served throughout the evening. Join us for this night so enchanting we may never want to leave.

VALENTINE DAY SPECIAL: THEO CHOCOLATE TOUR

Tuesday, February 11

8:30 AM - 5:30 PM
Member: \$70 • Non-Member: \$85

Taste your way through an hour-long interactive experience discovering the origins of cocoa, how chocolates are made, and indulge in a wide range of treats on the Theo Chocolate Tour. Then, enjoy a no host lunch at Agrodolce which features handmade pasta made with the finest organic and sustainable ingredients in the Pacific Northwest. Price includes transportation and guided tour.

ANGEL OF THE WINDS

Tuesday, February 18

9 AM - 3:30 PM
Member: \$30 • Non-Member: \$37

This Vegas style casino offers spectacular gaming and dining options with over 1,200 slots to choose from and American inspired lunch buffet. Let's try to win big this time!



NW FLOWER & GARDEN FESTIVAL

Friday, February 28

8 AM - 8 PM
Member: \$77 • Non-Member: \$93

Your gardening desires will blossom when you gaze at the spectacular Garden Shows created by the most respected garden designers and landscapers of the region. You can buy new plants or unique hand-crafted wares, savor delicious specialty foods, or find that special piece of furniture or art to grace your garden.

MARCH

STUNT DOG

Saturday, March 14

10 AM - 5 PM
Member: \$55 • Non-Member: \$65

Cheer on furry friends from animal rescues nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy show. Bring your grand-kids for a fun-filled day! We will stop for a no host lunch at Lombardi's prior to the show.

SKAGIT CASINO

Monday, March 16

9 AM - 3:30 PM
Member: \$27 • Non-Member: \$33

Last time we went to the Skagit some of us hit it big, let's try to repeat it! This friendly casino offers over 900 slot games, rewards club discounts, and three different dining experiences. Please sign up by March 9th.

ST. PATRICK'S DAY LUNCH CRUISE

Tuesday, March 17

8:30 AM - 4 PM
Member: \$115 • Non-Member: \$135

Celebrate the luck of the Irish aboard the beautiful Emerald Star! Enjoy a festive Irish lunch, bingo games, St. Patrick's Day-themed trivia and prizes while you relax and enjoy the shoreline views of the waterfront estates and local landmarks as your Captain narrates the sights. Price includes transportation, guided boat tour, and Irish inspired lunch.

ALDERWOOD MALL

Tuesday, March 24

8:15 AM - 5:30 PM
Member: \$45 • Non-Member: \$55

Why sit home on your computer waiting for clothes and shoes to arrive? Let's go shopping! Enjoy the company of others on the bus, some walking exercise, and stop for a fun, no host lunch. You will have the option to stop at World Market, Storables, and Target or remain at the mall until it's time to return to Whidbey.

TRAVEL LOG



SPARK - MUSEUM OF ELECTRICAL INVENTION AND LUNCH IN BELLINGHAM

Wednesday, March 25

9 AM - 5 PM
Member: \$55 • Non-Member: \$65

This adventure packed day will start with a scenic drive up historical, Chuckanut Drive. Then, we will stop for a no host lunch in the Fairhaven district of Bellingham. After lunch, we will visit the SPARK Museum of Electrical Invention where you can experience the marvelous history, science and power of electricity. Cost includes transportation, guided docent tour, and a private MegaZapper electrical show.

APRIL



THE NEW BURKE MUSEUM

Thursday, April 2

8:45 AM - 5:30 PM
Member: \$50 • Non-Member: \$60

Let's visit the new Burke Museum on the University of Washington Campus. Watch working labs while visiting the exhibits of Biology, Contemporary Culture, Paleon-

tology, Northwest Native Art, and Archaeology. Walk around the beautiful campus with the iconic cherry trees possibly in full bloom! Enjoy a no host lunch at one of several cafes on the campus.

CHICAGO

Saturday, April 4

8:45 AM - 7 PM
Member: \$140 • Non-Member: \$165

CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show stopping song after another; and the most astonishing dancing you've ever seen. Head down to our favorite, The Paramount Theater in Seattle and enjoy this incredible musical with us.

CRACKED CRAB CRUISE

Tuesday, April 7

9:30 AM - 3 PM
Member: \$106 • Non-Member: \$127

Cruise on the 80' Chinook vessel indulging in Dungeness crab and Tuscany baked chicken all while taking in the beautiful sights of Deception Pass and the La Conner Channel. Price includes transportation, narrated boat tour, & lunch.

HIBULB CULTURAL CENTER

Thursday, April 16

9:30 AM - 5 PM
Member: \$45 • Non-Member: \$55

Learn about the heritage, history, and culture of the Tulalip people on a private tour of the Hibulb Center.

JERSEY BOYS

Saturday, April 18

9 AM - 6 PM
Member: \$158 • Non-Member: \$188

These four boys from Jersey may have sounded great on stage, but their off-stage life was a different story. Go behind the music and inside the story of Jersey Boys at the 5th Avenue Theater. Space is limited, call to see about reserving your ticket.

THE PLAY THAT GOES WRONG

Saturday, April 25

8:45 AM - 7 PM
Member: \$145 • Non-Member: \$170

Broadway's funniest smash hit and international phenomenon, The Play That Goes Wrong, comes to the Paramount Theater. This hilarious comedy is a hybrid of Monty Python and Sherlock Holmes, where things are quickly going from bad to utterly disastrous. We will stop for a no host lunch prior to the show.

MAY

HANSEL & GRETL

Saturday, May 2

9:30 AM - 5:30 PM
Member: \$185 • Non-Member: \$200

This smart and bold new musical is a riotous tumble of past and present that will leave you grinning from ear to ear. Price includes transportation to Everett Village Theater and ticket to the show. We will stop for a no host lunch prior to the show.

EXTENDED TRAVEL

MAGICAL RHINE & MOSELLE RIVER CRUISE

August 16 - 25, 2020

Double: \$5,129 • Single: \$5,829

Special Travel Presentation:
Wednesday, October 16, 1 PM

Set out on a 7-night cruise along the Rhine where you will discover lovely Strasbourg on a guided tour, enjoy a Captain's Gala Dinner, and cruise the famous canals of Amsterdam. Includes airfare, 7-night river cruise, lodging, and 22 meals.

SPOTLIGHT ON NEW YORK

October 15 - 19, 2020

Double: \$2,999 • Single: \$3,799

Travel Presentation:
Wednesday, Feb. 5, 1 p.m.

This 5 day guided tour includes two Broadway shows, a stay at Sheraton New York Times Square, and more!

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ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373

ISR provides transportation to/from Bayview Hall.
Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2019

All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM • Return 4:30 PM
Member: \$35 • Non-member: \$45

ANGEL OF THE WINDS	February 11
SWINOMISH	March 10
TULALIP RESORT	April 14
SKAGIT VALLEY	May 12
QUIL CEDA CREEK	June 9
ANGEL OF THE WINDS	July 14
TULALIP RESORT	August 11
SKAGIT VALLEY	September 8
SWINOMISH	October 13
QUIL CEDA CREEK	November 10
TULALIP RESORT	December 8

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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 by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

Island Senior Resources (Bayview)

14594 SR 525, Langley

Thursday, Feb. 13, 1-2:30 p.m.

Thursday, April 16, 11-12:30 p.m.

Join us for LUNCH & LEARN



Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

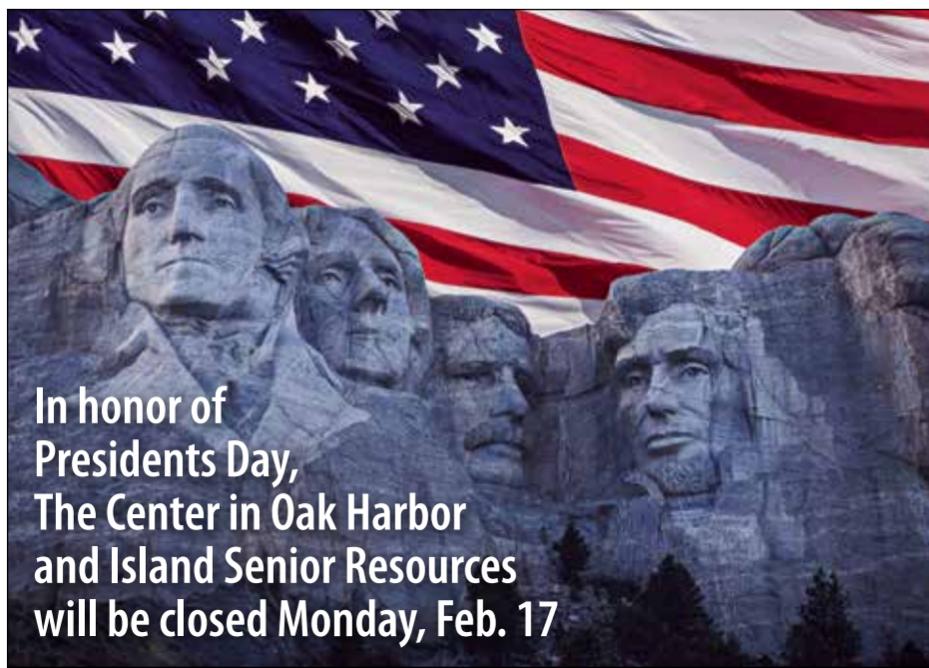
ISLAND SENIOR RESOURCES (BAYVIEW) - TUESDAYS, 12:30 P.M.

Lunch (optional) will be served 11:30 a.m. – 12:30 p.m. (suggested donation \$6) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Lunch & Learn's in Bayview are a collaborative venture with South Whidbey @ Home

Date Topic and Presenter

- Feb. 4** **Coping with Grief & Loss**
Addie Schille, case manager with Aging and Disability Resources, will lead a conversation about what grief and loss are and offer healthy ways to deal with the grieving process.
- Feb. 11** **About Valentines**
Come learn about Valentines with collector and historian Billie C. Barb. She'll show you some examples and talk about the custom of sending Valentines. She's been collecting Valentines for many years and is our local expert.
- Feb. 18** **South Whidbey Environmental Issues**
Marianne Edain, co-founder with Steve Erickson of Whidbey Environmental Action Network, has been working for 30 years to protect and preserve the natural resources and beauty of our island home. She will talk about WEAN's work but focus on current issues affecting all of us, including how we tie our local actions to global impact.
- Feb. 25** **From Despair to Joy**
Certified Life Coach Glenda Cantrell, former ISR program coordinator, will share how she fought a debilitating cancer treatment to regain a life with purpose and joy. She will give you tips you can apply to your struggles along the path of aging and caregiving.



In honor of Presidents Day, The Center in Oak Harbor and Island Senior Resources will be closed Monday, Feb. 17

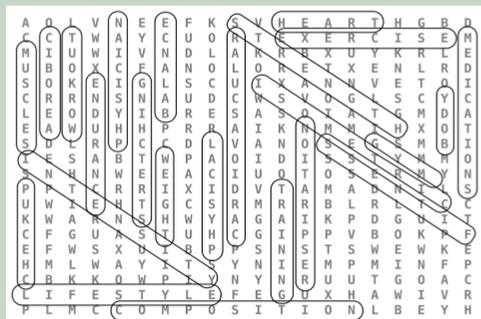
WELLNESS WORD SEARCH

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

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

- | | | |
|----------------|-------------|------------|
| AEROBIC | MEDICATIONS | STRENGTH |
| BALANCE | MUSCLES | STRETCHING |
| BODY | PHYSICAL | TRAINING |
| CARDIOVASCULAR | PHYSICIAN | WEIGHT |
| CHECK-UP | RESPIRATION | WORKOUT |
| COMPOSITION | | |
| ENDURANCE | | |
| EXERCISE | | |
| FITNESS | | |
| GYM | | |
| HEART | | |
| INTENSITY | | |
| ISOMETRIC | | |
| LIFESTYLE | | |

ANSWERS



AT THE COUPEVILLE METHODIST CHURCH - WEDNESDAYS, PRESENTATION AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:30 (suggested donation \$6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Heimgartner: 360-678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- Feb. 5** **Bingo**
Aging & Disability Resources will be available from 11:30 a.m. to 1:30 p.m.
- Feb. 12** **WHY "SAIL"**
SAIL Instructor Rae Hicks will discuss the popular exercise program "Stay Active and Independent for Life," which is sponsored by WhidbeyHealth EMS and currently meets at the hospital. Where did it come from? Why should you participate? And, how does it affect your overall health? Find out!
- Feb. 19** **Chronic Heart Failure**
Kim Arends, RN, BSN, WhidbeyHealth Medical Center presents: What is heart failure? Is there anything you can do about it? Yes! Kim will help you understand what it is and how to better manage it. You can stay in control of your health!
- Feb. 26** **Mold in your Home**
Beth Tristao, owner of Fine Line Painting, with 20+ years as a painting contractor, will share how to recognize mold issues in and around your home; and the proper procedures for removing them. Mold can exacerbate existing health conditions, cause new ones, and damage your home's physical structure!

Disclaimer: Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.



SOUTH END

Alzheimer's & Dementia Caregivers Support Group
 2nd Tuesday, 10 a.m. – Noon
 Alder Room, Island Senior Resources,
 14594 SR 525, Langley, WA
 Contact: Mel Watson, 360-321-1623

MS Support Group
 3rd Tuesday, 10 – 11:30 a.m.
 Alder Room Island Senior Resources
 14594 SR 525, Langley
 Facilitator: Mel Watson, 360-321-1623

Parkinson's Support Group
 1st Tuesday, 10 – 11:30 a.m.
 Trinity Lutheran Church,
 18341 WA-525, Freeland Ave
 In the older building, in Grigware Hall
 Contact: Mel Watson, 360-321-1623

Aging in Grace Support Group
*For anyone with concerns, stories,
 and wisdom about aging*
 2nd Monday, 10 a.m. – Noon
 Freeland Library,
 5495 S. Harbor Ave., Freeland
 Contact Nicole Donovan 360-321-1600

Parkinson's Singing Group South
 2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
 St Augustine's in-the-Woods
 5217 S Honeymoon Bay Rd, Freeland
 Contact: Mel Watson, 360-321-1623

Early Stages Dementia Support Group
 4th Tuesday 10 a.m. – 12 p.m.
 Island Senior Resources
 14594 SR 525, Langley
 Facilitator: Mel Watson, 360-321-1623

NORTH END

Oak Harbor Caregiver Support Group 1
 2nd Thursday, 2 – 3:30 p.m.
 The Center in Oak Harbor,
 51 SE Jerome St., Oak Harbor
 Contact: Carolyn Hansen, 360-279-1785

Oak Harbor Caregiver Support Group 2
 4th Wednesday, 2 – 3:30 p.m.
 The Center in Oak Harbor,
 51 SE Jerome St., Oak Harbor
 Contact: Carolyn Hansen, 360-279-1785

Parkinson's Support Group
 1st Friday, 1 – 3 p.m.
 The Modular Building at
 The Center in Oak Harbor,
 51 SE Jerome St., Oak Harbor
 Contact: Eula Palmer, 360-675-9894

Parkinson's Singing Group
 1st and 3rd Monday of the month,
 2:30 – 3:30 p.m.
 The Modular Building at
 The Center in Oak Harbor,
 51 SE Jerome St., Oak Harbor
 Facilitator: Mel Watson, 360-321-1623

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623.

Open Monday, Tuesday, Wednesday, & Friday
 11:30 a.m. – 12:30 p.m.
 14594 SR 525 Langley, WA 98260
www.senior-resources.org/nutrition-overview
 360-321-1600
 Join us for Lunch & Learn presentations every Tuesday @ 12:30 p.m.

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 360.675.8733

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Medicare 2020

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free General Information seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For more information, call: 360-321-1600 ext 0.

ISLAND SENIOR RESOURCES 14594 SR 525, Langley
 Wednesday, Feb. 12, 10 a.m. – noon
 Thursday, March 12, 1 – 3 p.m.
 Thursday, April 16, 1:30 – 3:30 p.m.

THE CENTER IN OAK HARBOR 51 SE Jerome St, Oak Harbor
 Tuesday, Feb. 18, Noon – 2 p.m.

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2020 will be covered in the Medicare 2020 classes
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options.

Individual Consultations:
 For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:
 The Center in Oak Harbor: Tuesdays • Call 360-279-4580 to schedule an appointment
 WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment
 Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.

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FROM THE EXECUTIVE DIRECTOR

Your Circle of Valentines

By Cheryn Weiser, Executive Director, Island Senior Resources

When was the last time you sent valentines to those you care about near and far? As we enter this new decade, it seems like a great time to let the circles of people you care about know that you are thinking about them and want to extend your appreciation for the part they play in your life.

I remember the joy I felt as a child when I came home from school having given and gotten a passel of Valentine cards sometimes with notes from admirers that surprised and delighted me. We always took the time to share cards among our close family members as well.

Whether you choose to send an ecard (there are wonderful, inexpensive, or free services) or cards, already made or home-

made, it's a special gift of spirit, connection, and love and affection to take the time to bring smiles to those you care about.

Perhaps you could host a Valentine signing party and invite a couple of friends over for an afternoon with goodies, tea, or coffee and everyone gets to join in the act of Valentine giving. Turn it into something special!

I'm going to invite my grandson, now 12 and already 5'9" (he loves the fact that he now looks down at me) to think about who he wants to send Valentines to and have him join in the spirit of caring and affection. We'll have fun and I'll be passing along a tradition that sometimes gets left behind in our fast-paced world. Just think about the smile on your face as you prepare these gifts of appreciation and the smiles on the faces of those you care about!

THE GARDEN

By Charles LaFond, author, engager, ISR staff member

Friendship is hard work to get right and is an act of bravery. And yet without friendship's human connection, we humans suffer and may even die. We know this from science, religion, headlines, and experience. We are hard-wired for friendship and connection as a means by which to sustain life as a species. After World War II, babies in Romanian orphanages who were not touched and held died of being alone. And yet, friendship is also an act of vulnerability. To overcome our fear of vulnerability takes tremendous bravery.

And this is the problem. We have both a connecting part of our brain AND a fight/flight/freeze part of our brain running alongside each other, secreting chemicals into our bloodstream. It sometimes feels like having my foot on the gas pedal and the brake at the same time. Real friendship is good but difficult work.

Life on an island with edges creates a sense of enclosure. Beyond the pebbled



beach is very cold water in which one could quickly and easily die. And so, we are here, together, on one piece of land. Make a friend and they are nearby. Make an enemy...and they are nearby. It's risky.

And then, of course, there are our par-

ents who may or may not have been skilled at raising a child. Anyone from a dysfunctional family will have some issues to overcome when making and keeping friends. "Can I trust them? Will they hurt me? Am I more afraid of intimacy or more afraid of abandonment?"

I have a little ritual on New Year's Day to help me with friendship. I make an inventory of friends. I take a favorite fountain pen freshly filled with bright cobalt ink and a piece of clean, ivory, heavy, cotton-laid paper. I slowly, carefully write down the names of my local and off-island friends. Some are new to the list. Some have drifted off the list and, some have, sadly, been necessarily removed from the list for my self-care. I keep that new list on my desk at home and another copy at work. That list is as essential to my wellbeing as food and medicine are. I look at it every day. I call it "The Garden."

That list of friends is like a garden, hence the name. We tend our friendships like the plants in a garden. What friendships need watering? What friendships need to be moved for better sun? What friendships need attention? What friendships need to be planted? And rarely, but sometimes, what friendships need to be thanked, gently bowed to, and then kindly composted?

Friendship is held by the four legs of a chair: trust, positivity, consistency, and a willingness to be vulnerable. Friendship is like time; we do not "have" friends, rather, we "make" friends. Friendship is a creative "making" work. It is hard, courageous, and deeply vulnerable work. And its value is essential to our human wellness. Make your list. Tend your garden. Live a connected life. Risk it.

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
Time Together Adult Day
In Home Care
Case Management
Medical Transportation/
Volunteer Services

SHIBA

Senior Thrift 360-331-5701

Oak Harbor Aging & Disability Resources
360-675-0311

For more information, visit www.senior-resources.org

OUR LOCATIONS

SOUTH WHIDBEY

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

OAK HARBOR

(in collaboration with The Center In Oak Harbor)
51 SE Jerome St
Oak Harbor, WA 98277

CAMANO ISLAND

(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

SENIOR THRIFT

5518 Woodard Ave
Freeland, WA 98249

For more information call:
(360) 321-1600 or (360) 678-3373

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Please contact Island Senior Resources
(360) 321-1600 or (360) 678-3373

Island Senior Resources eNews!

Join our email list and receive our monthly eNews the last Friday of every month. It's full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.

FEBRUARY at SENIOR THRIFT

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360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays
We have items on sale every day. See our website for full sales calendar: www.senior-resources.org/thriftstore

- February 3, 10, 17, 24 Facebook Secret Word
Mention secret word and get 15% off entire purchase
- February 8 Jewelry, 25% off
- February 9 Hardware & Sporting, 25% off
- February 14 All RED tags, 50% off
- February 21 Manager's Special, Your choice (1) item 25% off
- February 29 Leap Year Special, Your choice (1) item 25% off
- February 28 and 29 White tag clothing \$1

Wacky Wednesdays - your choice (1) item 15% off
Every Friday – books 25% off

ALL JANUARY

Red Tags, 25% off • White Tags, 50% off

We have gift cards available at the registers.
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Please consider donating a \$1 or more with your purchase to help support our programs.

HIGHLIGHTS at Island Senior Resources

NEW LINE DANCING SCHEDULE

INTERMEDIATE CLASS:
Mondays, 1 – 2:30 p.m.

BEGINNERS CLASS:
Mondays, 2:30 – 3:30 p.m.

SAVE THE DATE: 2020 AARP SAFE DRIVER COURSE

Saturday, April 18 • 8 a.m. – 5:15 p.m.
Island Senior Resources (Bayview)
14594 SR 525, Langley

The AARP Driver Safety Class may save you money on your car insurance, but more importantly you will refresh your driving skills and knowledge of the rules of the road. Proven methods to help keep you and your loved ones safe on the road are taught in a friendly, no-pressure environment.

SAVE THE DATE: PANCAKE BREAKFAST

Saturday March 14 • 9 – 11 a.m.
Island Senior Resources (Bayview)
14594 SR 525, Langley

Suggested donation: \$10 (children under 5 are free). Donations support Meals on Wheels.

MAKING YOUR IRA REQUIRED MINIMUM DISTRIBUTION

If you are 70 ½ and older you may be able to donate to Island Senior Resources directly from your IRA (a qualified charitable distribution) and have it count as part of your required minimum distribution. Check with your financial advisor for details.

PSE BILL PAYMENT ASSISTANCE

Depending on income and household size, you may be eligible for payment assistance with your heating bill and get free energy-efficient improvements to your home.

PSE offers bill payment assistance and coordinates with county organizations to connect customers with federal assistance as well. Income-qualified energy efficiency programs are also available. Find out more at pse.com/liw.



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Call PSE at 1-888-225-5773 or find more on the web at pse.com/guarantees.

AGING IN GRACE SUPPORT GROUP

Mondays: Feb. 10, March 9, April 13
10 a.m. – noon

Freeland Library, 5495 S. Harbor Ave.

A general support group for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

If you know of someone doing something special for seniors, adults with disabilities, or caregivers, let us know. Email us at: feedback@islandseniorservices.org.

powerful PARTNER



PSE helps families and the environment through its 'Powerful Partners' program

Puget Sound Energy continues its commitment to help the environment and human services organizations through its "Powerful Partners" program, now in its fourth year. This year, PSE distributed \$200,000 across 24 nonprofit organizations within its service area. Island Senior Resources was one of the recipients.

In addition to providing funding to the organizations, PSE will partner with them to educate their clients, employees, and donors about ways to save energy and money, as well as safety and emergency preparedness. These partnerships allow PSE to enhance community engagement and awareness by focusing its giving efforts.

"Puget Sound Energy cares about our communities and the environment, so teaming up with organizations committed to do the same made sense," said PSE Vice President of Communications Andy Wappler. "Through these partnerships, not only can we provide funds to support the organizations' missions but also educate the community about how we can create a better energy future working together."

PSE is committed to working together to create a better energy future. Partnering with community organizations like these, helps PSE engage more people in that mission.

Earn Money! Get Paid to Help with the Census

By the U.S. Census Team

Every 10 years the United States Government conducts the Decennial Census and relies on local citizens to ensure everyone is accounted for.

Louisa D. of Friday Harbor said about her experience in 2010, "Like many of our Island residents, I had the opportunity to work for the 2010 U.S. Census. Some of my colleagues were unemployed at the time, 'between jobs,' or like myself, retired. The additional income was very helpful as it was (and still is) significantly above normal pay wages. I liked the work, hours were flexible, and it was just for a short time period. I found the work to be interesting as well as rewarding!"

There will absolutely be no questions about citizenship on the census.

The 2020 population numbers shape how political power and federal tax dollars are distributed in each area over the next 10 years. This will affect the number of congressional seats and Electoral College votes each state gets. They also guide how an estimated \$880 billion a year in federal funding is distributed for schools, roads, and other public services in local communities. In addition, making sure everyone is counted helps encourage economic growth and



ensure public services to each area. The demographic data is used by emergency responders to locate injured people after natural disasters.

The goal is to account for every single person living in the country. It is in the interest of all of us that no one is left out.

The Census is hiring temporary workers to help make this happen. These positions are filling up quickly, so it's important you complete your application asap.

These jobs offer great benefits:

- \$20-\$25 an hour
- Mileage Reimbursement
- Paid Training
- Part-Time/Flex-Time/Full-Time Hours
- Great Resume Building Potential
- Invaluable Service to Your Community and State

Too apply go to: <https://recruitment.2020census.gov/ats/career-site/census.aspx?site=1&c=census>

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When my father moved to Langley at age 86, he had been recently widowed and was leaving his entire social network to come to Whidbey to be near me, the oldest of his four children, and to define his place in his final community. In an easy social fashion, he developed several tiers of friendship he tended for the remainder of his life, and who tended him. Looking back, he laid out a model for successfully aging in place that seems a good edge to explore in the month of Valentine's Day.

As we age, we need three rings of friendly support: a mutually attentive community, peer friends who understand the rigors and challenges we face, and younger friends/older friends who help us take our place in the generations.

A recent sign in front of Trinity Lutheran Church in Freeland read, "Find community before you need it." Churches and religious or spiritual communities of any kind, or organizations and groups of shared interests are a way to build the support of a mutually attentive community. In search of a church—or similar institution—or to deepen your connection to a place you already attend, make a list of what you are looking for that will spiritually sustain you, consider what you have to offer and what you want to receive. Think about access, both now and later, and look for a few good friends to emerge from the crowd.

If you are not a religious person, you can find a stable community of support through book clubs, writers groups, study/activity groups (like Audubon), service clubs (like Beachwatchers), or longtime Twelve Step groups or other self-help experiences. The necessary ingredients are welcome, stability, and shared core values.

Second, we need peer friends. In my age group, we talk about what's on the bucket list. We talk travel and politics and how to continue our sense of activity, adventure, and engagement. We don't take good health for granted and feel the pressure of time but not necessarily of mortality.

In his late-80s, my father, who regularly ate at the Island Senior Resources meal sites in Langley and Bayview, found both peers and younger, and joined in games and puzzles, building relationships around the card table. He befriended the only person in the room older than he was. For the next decade, "Leo and Helen" were a common sight around Langley and South Whidbey, walking arm in arm to steady one another, and enjoying coffee and donuts at the edge of public spaces where they could meet and greet many passersby. When Helen had a health crisis in her 99th year, Leo could interact with her family from the perspective of their shared age.

Besides our peers, we need younger friends when we are the old-old, and older friends when we are the young-old. At 70, 90-year-olds provide models of aging. For 90-year-olds, 70- to 80-year-olds provide someone who is still driving, who can still lift a load, help with technology or other little daily requests in exchange for company, card games, conversations about history, perspective, and perseverance.

We are all one another's sweethearts and Valentine's Day provides opportunities to tell people what they mean to us, to appreciate one another, and to ask for what we need and offer what we can, trusting the mutuality of open-heartedness.

Take care, sweetheart. Don't fall off the edge.

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Production Manager **TJ Pierzchala**
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PHONE: (360)682-2341 FAX: (360)682-2344