

Island Times

Look for Island Times the LAST Thursday of each month
JULY 2020

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

Volume 4 • Issue 3



A Story about Margaret

By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

There was a lady named Margaret who was 82 years old and lived in a small town in Washington. She was born in Seattle, got married when she was 18, and spent the rest of her life in Washington State with her husband, Harold. The two of them had four children, 13 grand-children, and six great-grand-children. As her children began to start their careers and get married they started moving throughout the United States and leaving Washington behind.

Even though Margaret's family was spread around, they always made a reoccurring effort to gather together and visit Margaret and Harold in Washington. Holly, one of their great-grand-children, was 11 years old and very dear to Margaret. Since she was born, Margaret and her always had a special connection and would do everything together when she would visit from southern California. The whole time she came to visit, Holly was grandmas little helper and would hardly leave her side. They always saw eye to eye on things until Holly was about to leave to go back to California and she asked her grandma if she would Facetime her on the new phone Margaret had recently got when she was back home. Margaret's immediate response to Holly was, "sorry, dear I am too old for that." Holly was saddened by her answer, didn't really understand it, and then explained to her grandma how she was going to miss her so much and teared up thinking about leaving the next morning.

As time went on, Holly would call her grandma and tell her all about dance class, her new friend at school, and how life was in California. Margaret would tell Holly about how the garden was coming along they had planted together in the spring, her newest socks she was knitting for her, and what grandpa was up to. Holly asked her grandma again about trying out Facetime, an application on her cell phone that

MARGARET continued on page 8

"Cultivating Buoyancy is a way of orienting to life; a process that offers a possibility for being with and responding to the difficulties; a practice of strengthening both equanimity and resiliency."

~Anna Singh Deo

Holding Fast – Lessons from the Edge

By Christina Baldwin, Board Member, Island Senior Resources

When I moved from Minneapolis to Whidbey Island 26 years ago, one of the things I loved most was having a chance in the middle of my life to discover a whole new bio-region. Wow, huge spires of trees, wow, rugged mountains, and most of all, wow – beach. An inland girl who made summer trips to west coast cousins, I have always loved the edge of saltwater, and it has been (and continues to be) a huge privilege and delight to live and learn from the sea.

The lowest tides of summer are peak days, marked on my calendar for setting aside everything and heading to the rocky tide pools and sand flats that rim our island. When land-locked friends and relatives want to come to visit, I get out the tide log and try to coordinate their trip with a minus two or more stretch of beach. It's a different summer this year, but the trees, the mountains, and the beach are still my major sources of solace and inspiration for how we humans will get through this time.

I hope the application of these metaphors to our times and our situation is obvious. Whatever our differences, our diversity of race or ethnicity, religion or



spirituality, our politics and economics, Whidbey's nature called us here, delights and disturbs us, and offers us lessons from the beach:

Change is the natural order. Change can be resisted or accepted; either way, it will not be stopped. First time down the community access stairs to the beach under our bluff neighborhood, I discovered a barnacle crusted wooden writing desk embedded in the sand. I was delighted and vowed to come back and find a way to bring my journal and enjoy some reflective nature writing. The next day I filled my backpack with notebook, pen, thermos of tea, and blanket to sit

LESSONS continued on page 3

QUESTION OF THE MONTH: **WHAT IS YOUR FAVORITE THING ABOUT SUMMER ON WHIDBEY?**

<p>Destiny Curtain "Walking through Langley and stopping to get ice cream before walking on the beach!"</p>	<p>Ivy Breen, 65 Coupeville "All the festivals, every weekend there is something to do!"</p>	<p>Tiffany Wheeler Thompson "Access to so many beaches, parks, and community events."</p>	<p>Janet Goodbrother, 82 Oak Harbor "The fresh air and quiet summer mornings."</p>
<p>Sarah Buntin, 70 "Going to Baskin Robins or Toppins Frozen Yogurt for ice cream and going down by the water to eat it."</p>	<p>Marian Myszkowski "Swimming in Goss Lake!"</p>	<p>Tom Piper, 77 Oak Harbor "I love to go to hike and bike in the parks."</p>	<p>Kimberly Hansen Myhre "Looking up into the night sky and being able to see the stars! No city lights to hide them!"</p>



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In addition to being your favorite source for news and events on the island, Whidbey Weekly is also your source for:

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FROM THE EXECUTIVE DIRECTOR

Seeking Relationship, Resilience, and Adaptability

How are you doing? Are you finding words that adequately describe your feelings, your reactions, your questions, and your sense of uncertainty in these times? I frequently find myself searching for words that capture the essence of my reactions to what I have come to call COVID Time.

As we isolate ourselves from our 'normal' face to face contact with our friends, family members, or the casual acquaintance at the grocery store, I've come to appreciate how important it is to reach out and stay in relationship with those we care about. In so doing, we are caring for ourselves.

I have a dear friend of 51 years who lives in Boston. In the past, we've connected by phone every month or so and periodically have made trips to one another's homes and community. During COVID Time, we've made a commitment to connect weekly, keeping up with our reactions to the constantly evolving situation, and making sure we let each other know how much we care.

Friends and family living in the Puget Sound region have been

staying in touch more frequently, too. Each of us feeling more assured that some things stay the same amid the changing world around us. And, Zoom has become my friend, allowing me to connect with my not-yet two-year-old grandson in Alaska. We've been scheduling regular meet up times over playtime or mealtime. What if COVID Time was happening without access to so many ways to communicate and share time with one another?

Recently, the Washington State Dept. of Health put out a forecast about behavioral health in Washington State. The forecast expects a rise in domestic violence, depression, anxiety, substance abuse, and other forms of acting out during COVID Time. Island Senior Resources has experienced a dramatic increase in community members who simply need to talk with someone about what's going on.

With the forecast and our local experience in mind, each of us needs to actively engage in activities that build our resilience, keep us in relationship with who and what we care about, and infuse us with a greater sense of adaptability. I urge you to take time to ask yourself how you are going to care of your emotional well-being during COVID Time. It is essential for your health and the health of our communities.

FROM ISLAND SENIOR RESOURCES STAFF AND BOARD OF DIRECTORS:

We acknowledge and mourn the violence against black lives and people of color that systemically occurs in American society. We are in a collective learning curve of profound importance. As an organization serving the essential needs of Island County seniors, adults with disabilities, and those who care for them, ISR is committed to ensuring equity within all our services and to upholding racial, ethnic, gender, economic, and environmental justice. We invite all members of our community to join us in being informed active allies, speak up, act peacefully, and be in solidarity with the culturally diverse communities that make up the whole of who we are.

Because of Island Senior Resources...

We recently received a letter from a man who said, "Because of Island Senior Resources' Meals on Wheels program my parents were able to remain in their home for several years; it saved them thousands of dollars they would have spent on nursing home care."

Please share your story with us about how Island Senior Resources has made a difference for you or somebody you know:

Because of Island Senior Resources _____

Send to: feedback@islandseniorservices.org, call us at 360-321-1600 or 360-678-3373, or mail your reply to Charles LaFond, Island Senior Resources, P. O. Box 939, Freeland, WA 98249.

When you respond please tell us if we have your permission to re-print your story and if we may include your name.



is RE-OPENING

Wednesday, July 8!

Now there will finally be a place for all those items you cleaned out of your closets during quarantine!

Senior Thrift is accepting donations every Sunday from 11 a.m. to 3 p.m.

Call after July 15 to schedule donation pick-ups
360-331-5701

NEW STORE HOURS:
Wed. thu Sun., 11 a.m. to 3 p.m.

Health precautions will be in place, masks will be required, customer flow will be limited, restrooms and dressing rooms will be closed, the store will be sanitized throughout each day, and donated items will be quarantined for 3 days prior to reaching the sales floor.

WEDNESDAY, JULY 8

Re-opening day - Entire store 25% off

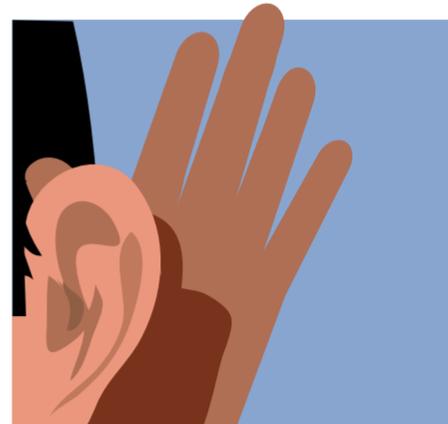
*Every Wednesday - your choice (1) item 25% off
Every Friday - books 25% off*

**July 25 - Christmas in JulyChristmas items, 25% off
July 30-31 Yellow-tagged clothing, \$1 each**

ALL JULY

White tags, 25% • Yellow tags, 50% off

Please consider donating a \$1 or more with your purchase to help support our programs.



WE WANT TO HEAR FROM YOU!

At ISR, we strive for excellence. Your voice is an important part of making that happen. In July, we will be launching a new feedback survey to ask about community needs. If you are interested in participating or have questions, please contact Chasity Smith, Director of Program Development. As soon as the survey is launched a link will be on the home page of our website at www.senior-resources.org.

Chasity@islandseniorservices.org
360-321-1600 or 360-678-3373, or direct line: 360-321-1619

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

Island Senior Resources (New)
14594 S
Langley, WA

The Center
(in collaboration with... Center)
51
Oak Harbor, WA

(in collaboration with... Center)
... rd
... 98282

Thrift
... rd Ave
... 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.

LESSONS continued from page 1

on; the desk was gone. Really gone. I hiked up the beach, hoping the tide had deposited it again, but I never found it.

I thought I had some idea how this time of life would be for myself and the communities around me, but the pandemic and imperative to deal with racial injustice have changed all that. I am filled with grief for the costs of change and filled with relief at the possibilities it can bring. Change is the natural order: what I believe about Whidbey is that we can work to create an even better order and support for our shared island lives.

What seems immovable can be lifted and shifted when the right amount of energy is applied. Over the years, I have watched old-growth tree trunks, concrete and Styrofoam sections of dock, an overturned boat, even a totem pole drift by our beach. Several of us decided to snag the totem pole, not an authentic piece of Indigenous culture, more like something that fell off the dock of a summer camp, but still an interesting oddity. It took six neighbors with furniture straps to lift that sodden pole onto our bulkhead and prop it up. We put a photo in the Seattle paper, see if anybody claimed it: no one did, so we installed it on our railing and I always know which stairs are ours from far out on the sandflats.

It took community to lift the pole, and it takes community to shift the systems that have held us in place. Working together, willing to learn, and willing to change how we live with one another is a meaningful endeavor. The days are long, warm; we can stand apart – and be together. We can listen and speak with each other, onscreen, or spaced to face. And together we can lift the heavy load of necessary change.

Hold fast: and let go. One November afternoon, I was walking the beach threading my way between hundreds of small rocks, each with what at first appeared to be a tail. Upon inspection, the rocks were covered with holdfasts, the way kelp anchors itself to a rock on the seafloor so that it can grow and float upward. A recent storm had stirred up some underwater nursery and tumbled the stones and kelp onto the shore.

Life shakes us up: it is the nature of things, even for those of us who want to attach to a rock and never have to move again. Well, here comes a storm. Here comes turmoil, roiling waters, chaos. And then here comes the shore, the landing,

the resting point. I have several holdfasts in my house, in the rock garden at the front door. They remind me to find a “rock” to hang onto and to know that eventually that rock, that belief, that point of stability, will be shaken loose, and if I go with the flow, I will land in a new place.

Practice buoyancy: a word meaning: to float, and to be of cheerful disposition. With my aging eyes, I couldn't tell what was floating in the middle of the current line. A long object was bobbing on the water with pointy bumps all in a row. A new kind of sea monster? Debris from a shipwreck? As I got my binoculars in focus I began to laugh: a row of cormorants was draped along a driftwood branch, everyone going for a ride. Several of them jumped off and swam alongside, then jumped back on and extended their wings to dry. They nuzzled and preened and seemed to be having a fine old fishtail party.

Sometimes it seems we might just drown in sorrow, sink in our awareness of the suffering we endure, or watch others endure. I feel that way: watching the news, reading heart-wrenching stories, dealing with isolation, trying to reach out in the midst of the restraints we currently face. And yet, I am counting on myself to keep afloat, and I know that others are counting on me. I am constantly seeking the log that will ride the waves and the companions that will join together and keep each other buoyant in the currents of our lives. I look for the good news and pass it along. I pay attention to the gestures that knit us, that affirm the common good. In these serious times, I look for reasons to laugh, to be joyful, to offer a lightness of being as best I can.

Even in pandemic, the sandflats shimmer in the summer sun, the sunset lingers for hours. I work with a few neighbors, carefully spaced along the 77 steps of our shared beach access stairs that take us from the neighborhood to the beach below. We are weather coating the treads, pruning back blackberries and rosa rugosa, checking the footers. Several years ago, we almost lost these stairs in a March storm. We shored them up for some more years of service. They will not last forever: the ocean rules. My wish for this community is that we can trust in the greater scheme of things, work together to use our resources wisely, repair what we can of the world, and take care of each other and the beauty around us.



Be Counted!

UNITED STATES CENSUS 2020

**Please fill out the 2020 census!
The census count is the basis for federal funding to Island County for vital services in our community. You can respond to the form sent by mail, or respond online at www.my2020census.gov, or by calling toll free 844-330-2020.**

“The allocation of federal funding from the census is based on overall population, not senior population. We have an extremely high percentage of seniors in the county (nearly 30 percent) so dollars received need to be spread to serve a higher percentage of the county population. This makes completing the census critical to maximize funding available to serve seniors.”

~Cheryn Weiser, Executive Director, Island Senior Resources.

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SWIRLING PEACE AND ECSTASY

By Charles LaFond, author, engager, ISR staff member

Recently I had a craving for Thai Peanut Soup. It is a very humble soup. Nothing like crab bisque or duck cassoulet. Just humble ingredients. Not glamorous but very beautiful. I had all the ingredients in the shed, so I set about to make myself a huge, steaming bowl. For me, it is comfort food, and comfort food is a good thing these days. If there is one thing the COVID-19 crisis may have accomplished, it is that we are willing to (forced to?) slow down and cook humble comfort foods again. We may be missing the excitement of street dances, but we can still rest in the peace of warm soup on a cool evening.

I could not but help to notice the ingredients and how they are reflecting my life right now and perhaps yours in our stressed confines of isolation and distancing. There is deep rich spiciness from the Thai spices and chilis. But there is also soothing, creamy peanut butter and coconut milk. The one by itself would be too much to manage and the other perhaps too dull to much

enjoy, but the combination is magic! It reminded me of a favorite quote from Wuthering Heights:

"He wanted all to lie in an ecstasy of peace; I wanted all to sparkle and dance in a glorious jubilee. I said his heaven would be only half alive; and he said mine would be drunk. I said I should fall asleep in his; and he said he could not breathe in mine."

Emily Brontë, Wuthering Heights

As I mixed the deep red Thai curry paste into the tan peanut butter, I wondered when will come a day in which we can embrace the ecstasy of peace and the sparkling dance together? When will we avert our shopping eyes from the internet and magazine ads? When will we stop confusing glamor and beauty? When will we leave the excitement and begin to swirl the peace and dance the way one swirls the chili oil and the coconut milk in a Thai Peanut Soup? This is not a glamorous soup. It is mud-colored, but it is a beautiful soup. The creaminess brings me into the ecstasy of peace while the spices sparkle and

dance. We need new sensualities these days.

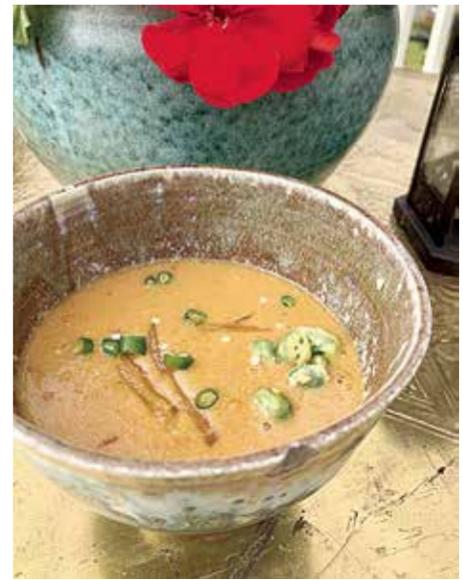
With all due respect to the words of Emily Brontë's novel, I want to swirl both the peace and the dance. The chili and the coconut milk. The safety and the sensuality. The sumptuousness and the simplicity.

CHARLES' THAI PEANUT SOUP RECIPE

Heat 2 tablespoons butter on medium heat and add to the bubbling butter 2 stalks celery, 1 small onion and 1 teaspoon garlic – all three finely chopped or minced. Simmer on medium-high 2 minutes until onions are translucent but not browned.

To the simmering chopped vegetables add and stir quickly 2 tablespoons all-purpose flour. When the paste is well-cooked but not browned (one minute) add 2 tablespoons of Thai curry paste (or 2 tablespoons curry powder and 1/4 teaspoon red pepper). Stir well.

To the vegetable & curry simmer add



1 can (8 ounce) chicken or vegetable broth, 1 can coconut milk and 1 cup of peanut butter. Stir and simmer on low for 20 minutes.

This is a photo of my bowl of soup made last night, served in one of my home-made pottery bowls with a turquoise reduction glaze. I have garnished the soup with wasabi peas, candied ginger, and chopped Thai peppers. Hot. Crunch. Smooth. Sweet. Sensual. As good as any dance or nap.

2020 Senior Farmer's Market Produce Vouchers Are Here!

The Senior Farmer's Market Nutrition Program (SFMNP) benefits low-income seniors and local farmers.

If you are 60 years old or older and your income is at or below \$1,967 per month for one person or at or below \$2,658 per

month for two people, you are eligible for the program. Each person receives \$40 worth of vouchers to purchase fresh fruits and vegetables at participating markets and vendors.

There is a new SFMNP voucher delivery system this year. Please call 360-321-1600, ext "0" to provide your required information, including your mailing address. We will mail the vouchers to you. Vouchers are good until participating markets close for the season.

PARTICIPATING MARKETS:

Coupeville Farmers Market

788 NW Alexander (behind Sno-Isle Library)
Saturdays, 10-2, open now to Oct. 10

Bayview Farmers Market

Bayview Corner, Hwy 525 and Bayview Rd
Saturdays, 10-2, open now-Oct. 17



LOOK FOR THIS SIGN

South Whidbey Tilth Market

Hwy 525 and Thompson Rd
Sunday, 11-2, open now-October

Oak Harbor Farmers Market

701-899 NE 4th
(in field next to Visitor Center)
Thursday, 4-7, open now-Aug. 27

Langley Farmers Market

Between 1st and 2nd Street
Thursdays, 2-6 open now-Sept. 24

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USDA United States Department of Agriculture

EAT RIGHT WHEN MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes

Shop SMARTER!

BEFORE Shopping

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- Try store brands. They are the same quality and cost less.
- Compare products for the best deal. Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-websites/using-nutrition-facts-labels>.
- Check "sell by" or "use by" dates. Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>.



AFTER Shopping

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- Use foods with the earliest expiration dates first.

PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!



MORE TO EXPLORE...

MyPlate Healthy Eating on a Budget: <http://www.choosemyplate.gov/healthy-eating-on-budget.html>
 Basic Nutrition for Everyone: <http://snap.nal.usda.gov/basic-nutrition-everyone>
 What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov/>

TIPS BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Choose whole-grain breads. Look for bargains on day-old varieties. Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

Buy large bags of frozen vegetables. When choosing canned vegetables, look for "low sodium" or "no added salt" on the label.

FRUITS

Buy fresh fruit in season - it generally costs less. Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.

LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes. Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling. Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.



Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families
 Call: 1-800-221-5689
 Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5
 Visit: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

School Nutrition Programs

For: eligible low-income, school-aged children.
 Contact your local school or school district

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people
 Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>



RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at <http://snap.nal.usda.gov>

U.S. Department of Agriculture | Food and Nutrition Service | FNS-492 | June 2015 | USDA is an equal opportunity provider and employer.

You can request any of Island Senior Resources' services, including grocery or meal delivery, by going online to www.senior-resources.org and clicking "Online Help Request." You can also contact Mark MacNaughton, Home-Delivered Meals Assessor, to sign up for Meals on Wheels at 360-321-1615.

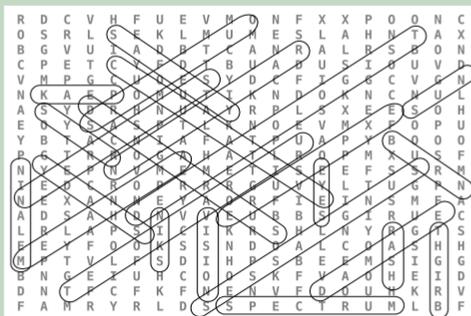
SUN SAFETY WORD SEARCH

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

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

- | | | |
|---------------|----------|-------------|
| BRIGHT | RAYS | SUN |
| BURN | SAFETY | SUNGLASSES |
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ALL PROGRAMMING AND CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

Turning 65? Have questions about Medicare? We are still here to help!

If you are turning 65 or have questions about Medicare enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services, we are here to help! Volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources are providing consultations by telephone or email, as well as classes via Zoom.

To schedule a phone consultation, please call 360-321-1600 or 360-678-3373, option 0. To submit a question, email reception@islandseniorservices.org.

To join one of our classes on Zoom, please call 360-321-1600 or 360-678-3373, option 0.

The receptionist will ask for your name, phone number, and email address. We will email you the link to join the class. Classes will be held via Zoom on:

July 14, 10 a.m. • July 29, 2 p.m. • Aug. 13, 11 a.m.

We look forward to hearing from you.



Support Group Meetings now available online

Contact Island Senior Resource's Mel Watson at mel@islandseniorservices.org to receive information about joining any of the current Support Group meeting and how to attend them from your home using the Zoom online meeting solution.

Time Together @ Home with Zoom Support Group
Every Monday, 11 a.m. – 12:30 p.m.

Parkinson's support group
Every Tuesday, 10–11:30 a.m.

Alzheimer's and Dementia Caregivers Support Group
Every Wednesday, 10 – 11:30 a.m.

Parkinsonics and friends Singing Group
(for those living with Parkinson's, their caregivers and anyone who loves to have a good old sing-a-long)
Every Thursday, 2:30–3:30 p.m.

Contact mel@islandseniorservices.org to receive information about joining any one of these groups, or to request additional support group meetings.

MEALS ON WHEELS MENU - JULY

\$6 Suggested donation for meals

WEEK 1

Wed	1	Hot Dog & Potato Salad
Fri	3	Holiday --Closed

WEEK 2

Mon	6	Chicken Caesar Salad
Wed	8	BLT Club Wrap w/Veggies
Fri	10	Penne w/Salmon & Asparagus

WEEK 3

Mon	13	Meatball Sandwich w/Cheese
Wed	15	Barbeque Chicken
Fri	17	Sliced Ham w/Pineapple

WEEK 4

Mon	20	Turkey Swiss Arugula Pear Wrap
Wed	22	Mandarin Orange Chicken Salad
Fri	24	Tuna Croissant w/Lettuce

WEEK 4

Mon	27	Cheeseburger Slider w/Tomato
Wed	29	Quiche Lorraine
Fri	31	Shredded Chicken Taco w/Fixing's

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Member Spotlight: Ted & Paula Mihok

Ted & Paula Mihok married each other 7 years ago near their hometowns in the bay area of California. Then 6 years ago they decided to move to Whidbey Island to enjoy their life together and being retired. The two of them have sub-merged themselves into the Whidbey Island community and already made a huge difference around them.

The Mihok's are involved in various organizations, volunteer projects, and events on Whidbey. They have been active members at The Center and always willing to volunteer their time and resources. They have escorted trips, volunteered at the front desk, folded & addressed newsletters for mailing, decorated, and helped organize the annual High Tea in May. They also enjoy line dancing and sharing their skills in art and cooking. Ted and Paula are also very involved at The Elks Club and help with the Friday night Fish Fry and a variety of different service opportunities. Paula



mentioned how Ted will be working the kitchen while she is face painting and said, "We look for ways to plug in and serve." Additionally, they volunteer with the Central Whidbey Lions Club and do all sorts of service projects including an annual Mexi-Cali mission trip. They also help build benches, make bunkbeds for Ryans House and many more projects. Ted and Paula are involved at the Yacht Club in Oak Harbor and enjoy rowing on the dragon boats. The two of them are also very involved in their church and find ways to serve there. In 2007 Paula became a grief share facilitator and now together, Ted and Paula have started four different grief share groups in Oak Harbor.

When the two of them aren't involved in service projects they enjoy spending their time cooking and painting. Ted is amazing at making breads and curing meats while Paula can make anything look fabulous with a paint brush and some paints! They both love expressing themselves through their creativity. When asking about what they enjoy doing Ted said, "It's always nice to learn something new and try something." He has been taking up learning a second language using Duolingo, an application on his phone and learning to play a musical instrument. Paula has been using her creativity to make homemade air-dry clay and then sculpting into dragons and painting them to share with friends and family. They also enjoy

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Senior Services Administrator

Carly Waymire • 360-279-4583

Program Coordinator

Send comments and suggestions to CWaymire@oakharbor.org

traveling together and have taken the train up to Vancouver B.C. for a weekend getaway. Last fall, they went on a 7 day trip to Tuscany with The Center.

Together, Ted and Paula make a dynamic couple and add a tremendous amount to our community. They are always looking for opportunities to serve, lifelong learning, and ways to help those around them. They are always willing to help out and care about the community they live in. The Center has benefited in many ways by their involvement and they are inspiration of how to live life to the fullest for many!



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MARGARET continued from page 1

would not only allow for them to talk but also see each other at the same time. Again, Margaret explained to Holly that she was just too old for that and unable to learn how to use it. She told her how we old people just don't do video chats. Holly, again disappointed, didn't understand why her grandma always responded to her requests with "being too old."

A few months later, Holly came to visit as she typically did throughout the year, but this visit was during summer break so Holly was staying longer than usual and without her parents. With extra time together, Margaret decided this was a great time to teach Holly some of her trades. When Holly woke up the next day and asked her grandma what kind of adventures they were going to go on that day, Margaret told her, "Holly I think it is time for me to pass some of my knowledge and skills onto you." Holly very intrigued was curious to know what her grandma meant by that. Margaret told her how she was going to teach her how to make her very own pair of knitted socks and she would take her to the store to pick out her yarn. At Margaret's surprise, Holly's response was pretty simple, "I don't think that sounds like a good idea grandma, I am way too young to be knitting." Margaret, in complete shock, thought to herself, are you now? She tried to convince Holly that learning to knit would be fun, she would end with a finished product to take back home, and it would be a special time between the two of them. But, Holly, with a determined voice said, "Grandma, no one my

age is knitting. I am just too young to be doing that." Margaret didn't understand what had gotten into Holly, as before it had always been that whatever she was doing, Holly was right by her side and wanting to help or learn.

The next day, Margaret asked Holly again about going to the store to get some yarn and learning how to knit to see if Holly's attitude had changed a little bit. Holly said, "oh I am just too young for that, why don't we go get some nail polish and paint each other's nails." Margaret told her that would be okay, but asked her why she felt she was too young to knit. It was then Holly explained to her grandma that anytime she wanted to video chat or email with her grandma, she always received the response, "I am just too old for that" and "us old people don't do that," so Holly was convinced she was too young to knit because not a single one of her classmates or friends did it. Margaret almost burst into tears, because it was in that moment she realized it was her who put those ideas in Holly's head that there is a thing as "too old," which she then reflected into "too young." "Oh honey, you are not too young and you are right, grandma was wrong when she said she was too old to learn how to Facetime," Margaret replied to Holly. Then she made a deal with her and said if Holly was willing to learn how to knit, she would learn how to Facetime and email.

From then on, Margaret and Holly would Facetime each other at least three times a week, and Margaret was able to take part in her dance recital, tour her school, and see what she had been knitting over video chat. Margaret used Face-

time and email to stay in better touch with her four children and felt closer to them more than ever. She would tell her friends how great it was with a boost of confidence, but then laugh when she would goof up and call the wrong person or have the camera faced the wrong way. On the same day she made a deal with Holly to learn Facetime if she would learn to knit, Holly made her a deal that she didn't say "I am too old for that" without giving it a try first. Margaret happily agreed and told her precious great-grand-daughter that she was wrong in saying that and didn't want Holly to ever think age needed to limit her.

Now, Margaret is 85 and helping Holly with her online Zoom classes, staying in touch with her family through this pandemic, and so thankful an 11 year old taught her one of the most valuable lessons in her whole life – age doesn't defy you. With losing Harold a year ago, Margaret is certain she would have been more isolated and lonely if her Holly hadn't opened her eyes to being foolish in not giving something a try because of the amount of years she had lived. It was also Holly's simple, but brilliant teaching methods that helped Margaret be so successful. Holly always explained to

her grandma that you don't have to be a wizard at it and everyone makes mistakes, and say things like, "just like my socks turned out crooked so is your face in the camera, but you will get better with more practice." Or when Margaret would complain about pushing the keys on the phone, Holly would remind her it isn't easy holding a hook and yarn and getting it to do what she wanted. Never in all her life did Margaret think she would be learning so much from a great-grandchild, but she is so happy she did!

All around us we are constantly told to let age determine what we are able to accomplish, but let's all take a lesson from Margaret's little Holly and realize what we are saying when we say, "I am too old to do that." Did you know having a positive outlook about aging could actually allow you to live longer? The Wisconsin Institute for Healthy Aging has found through extensive research that those who have a positive attitude about age tend to live 7.5 years longer than those who have a negative view. As you try something new or even continue doing what you love, remember Holly's advice – you don't have to be perfect or a wizard at whatever it may be, but just giving it a try is better than not doing it at all.

AARP Tax Sites Cancelled for 2020

AARP has canceled all tax appointments for locations on Whidbey Island in 2020. Alternative options for filing your own taxes include TurboTax, H&R Block, eFile, or similar program. Many online programs offer free filing depending on income. You can visit a local tax preparation service. Average costs for local tax prep range from \$80-150. NWBookkeeping (360-279-2010) is offering a discounted \$75 rate if you mention The Center when making your appointment.



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