

# Island Times

Look for Island Times the LAST Thursday of each month  
**AUGUST 2020**

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR Volume 4 • Issue 4

## Calculated Risks and Daily Joys

By Christina Baldwin, Board Member, Island Senior Resources

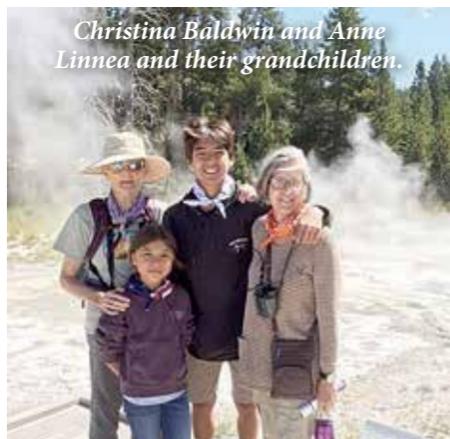
In the old days, BC (Before COVID), we took our grandchildren on a summer road trip to Yellowstone Park. We saw geysers, elk, bison and a faraway bear. We did an adventure day of horseback riding in the hills and rafting on the Yellowstone River. For our Los Angeles-raised grandchildren, this was their first time on a horse and first time rafting rapids. Our sweet granddaughter (then eight years old) had to work through her fears several times that day. She let us reassure and support her, and at the end of the day, she was triumphant. We turned in our gear at the outfitters and celebrated her courage eating ice cream cones.

Wrapping her in my arms, I ventured into a teachable moment. "Do you know the difference between risk and danger?" I asked. She shook her head. "A risk is when you decide to cross the street so you go to a crosswalk, look both ways, and step off the curb knowing you have done everything you can to protect yourself, and others, like drivers and bicyclists, can watch out for you, too." Her strawberry double scoop was melting fast, but she was listening. "A danger is when you decide to cross the street and just run out between parked cars without looking, and hope for the best. You're not taking care of yourself, and you're not giving anyone else the chance to look out for you." She shivered.

"Your grandmas have lots of practice taking risks and learning from them. We will ask you to take risks – like we did today – because that is how you grow more confident, and we will never ask you to do anything dangerous."

"Okay," she said, "Can I taste your mint chip?" Teachable moment done.

That was last year. This year it's hard to tell the difference between a risk and a danger. It's the first time in years the grandchildren haven't been up to Whidbey for spring break and summer camping. We miss each other, but as we calculate it, the risk of visiting verges on danger.



Christina Baldwin and Anne Linnea and their grandchildren.

Understanding these changeable lines of demarcation, individually and collectively, is an ongoing challenge for us now. We are in a constant learning curve as we decide what risks are worth taking and teach ourselves how to make these decisions. It seems every time we settle into a routine, what we were counting on comes up for review. For example, I established a particular store, day, and time, for my weekly grocery runs, but when island

"Courage is a blend of discretion and capacity to take calculated risk."  
~Shesh Nath Vernwal

**RISKS** continued on page 8



## The Center Offers the Aging Mastery Program – This Time Virtual Style

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

We are proud to partner with the National Council on Aging for the last several years to offer the Aging Mastery Program (AMP). In past years we offered in person classes, which were always a great success. Recently, AMP updated their course materials and revamped their offerings. We contracted with NCOA this year to provide AMP to our community and offer a life-long learning experience. Our plan, before COVID-19 affected our programming, was to hold

the in-person 10-session course in March and had aligned knowledgeable guest speakers. Since no locations were able to offer the in-person course, the NCOA allowed for facilities to offer the at home Aging Mastery Starter Kits in conjunction with virtual discussions.

The Center recently finished their first 6-session virtual Aging Mastery Program and it was a huge success! The participants worked through their starter kits at their own pace and then participated in group discussions through Zoom. Each meeting focused on a separate dimen-

**AGING** continued on page 2

### QUESTION OF THE MONTH: WHAT WAS YOUR FAVORITE TELEVISION SHOW FROM YOUR CHILDHOOD? WHY?

<p><b>Joan Coombes</b> Oak Harbor "JP Patches, I went to Kindergarten then would come home and my mom would feed me lunch and put it on and it was a nice memory."</p>	<p><b>Kenleigh Kelly</b> "I loved Sesame Street. C is for Cookie is still a favorite song!"</p>	<p><b>Lorna Londot</b> Oak Harbor "The Road Runner, because I always hoped he would outrun the Wile E. Coyote."</p>	<p><b>Beverly Kinkade Pearce</b> Freeland "Captain Kangaroo. When my mom was giving birth to my sister my Dad lugged our TV to my grandparent's house so I could watch it!"</p>
<p><b>Heidi Beck</b> Clinton "Blossom, My Two Dads, Silver Spoons, The Snorks"</p>	<p><b>Nancy Bolin-Romanski</b> Oak Harbor "Gunsmoke on Saturday nights and we would have popcorn or Tin Roof Sundae as a family."</p>	<p><b>Deborah Eimers</b> Langley "Ed Sullivan (introduced the Beatles to America), Captain Kangaroo, The Honeymooners, Dick Van Dyke Show, Father Knows Best, I Love Lucy."</p>	<p><b>Perry Brack</b> Oak Harbor "The Ed Sullivan Show first comes to mind because we would watch it as a family on Sunday nights."</p>

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# Welcome Jay Lovelady, Program Assistant

We are very excited to announce that our program assistant has been hired! We are excited to welcome Jay Lovelady to our crew. He has a bachelor's degree in business studies marketing, and tested very high on our computer competency test during the interview process. In his spare time he likes to write and run tabletop game nights with his friends, and hopes to one day develop educational video games. He already builds his own computers! He has also earned the rank of Eagle Scout in the Boy Scout, which we know takes a lot of work and dedication! His favorite food is Mediterranean and Mexican.

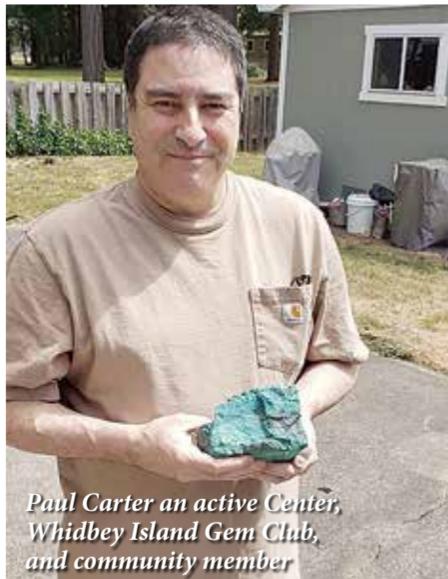
While Jay has started his tenure with the city, he is not currently working at The Center. Right now he will be working at City Hall as the CARES Grant Program Assistant for the next few months, and then will transition to his position here at The Center. The city received funds from the federal government (CARES act funds) to help small businesses who are suffering from shutting down in response to COVID-19. Jay is currently helping the administration department process grant applications and get those funds to the businesses in town who need the help.



# Member Spotlight: Paul Carter

Paul Carter is an active member of The Center In Oak Harbor and is very involved in the Whidbey Island Gem Club (WIGC). The WIGC operates at the lapidary building (also referred to by members as the "rock shop") at The Center. Paul served in the Navy for 31 years which is what brought him and his family to Whidbey Island in 1996. Then, 10 years later the Navy sent Paul and his family back to Whidbey where he would finish out his career. Paul and his wife Cindy, really like the Island and have decided to call this place their home.

When Paul was first stationed on Whidbey, he got involved with the WIGC as rocks and gems had always been a part of his Paul's life. He started collecting rocks with his dad when he was only about five years old and has been intrigued by them ever since. "You never know what's inside a rock until you open it" Paul told me, as he was explaining why he enjoys it so much and what keeps involved in the WIGC. After retiring from the Navy, his wife Cindy had a rock shop built in their backyard for a surprise



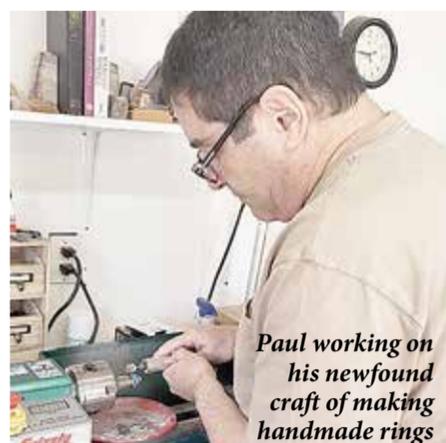
*Paul Carter an active Center, Whidbey Island Gem Club, and community member*

for Paul. He used the space to work on cutting rocks and making cabochons. He spends up to 8 hours a day with the rocks and used this as his way to cope in a civilian and retirement lifestyle. Then, Paul got re-involved with the WIGC and started building a relationship with the leaders of the club. Currently, Paul serves as the liaison between the WIGC and The Center. He helps keep the connection and communication between the two groups. The WIGC and members in the club are always looking for ways to support The Center. In the past few years the WIGC members have been a tremendous help at Center sponsored events, they donated the outdoor furniture for the patio at The Center, and donated funds to put a new roof on the lapidary building. The WIGC brings many individuals from the community together which is great to see and Paul helps make that happen.

As COVID-19 started to hit the United States and things started shutting down, Paul had a feeling the lapidary building at The Center would be closed per government guidelines so he started to think of what he was going to do to fill his time during pandemic. He had seen a video about rings and thought it looked interesting so he bought a metal lathe machine to start the new hobby. It turned out to be a great plan for him because not only has the pandemic turned into something larger and more

serious then imagined, but he also has really enjoyed the new hobby. Paul takes blank rings and hand fills them using various colorful pieces from gemstones by using the machine that quickly spins the ring. He then will sand the ring down and apply a polish. It takes him a few hours to complete a ring as you do it in stages and have wait times before you can go to the next step. As Paul said, "there is a real craft and art to it." and you cannot make the same ring twice giving them each a unique special quality about them. He has already sold around 20 rings to friends and family members and hopes to keep making and selling them to pay for his newfound hobby and machinery. Cindy said, "He went from rocks to rings!" But she seemed excited about it too, as she does many of the bazaars and trade shows in the area to sell the products both her and Paul make.

Besides cutting open rocks and making beautiful jewelry out of it, Paul enjoys spending time with his family. Paul and his wife Cindy have two kids and four adorable grandkids. He enjoys doing everything with the grandkids when he gets the chance to see them. In his spare time, he used to do play a lot of golf before suffering a multiple shoulder injuries. He also enjoyed playing other sports and is still a bigtime NASCAR fan. We are very delighted to have Paul and Cindy Carter as a part of our community and Center as they bring their skills, creativity, positive attitudes, and generosity to us.



*Paul working on his newfound craft of making handmade rings*



*A display of a variety of the rings Paul has learned to make*



*Rings Paul has made that also glow*

## The Center in Oak Harbor

51 SE Jerome St.,  
Oak Harbor, WA 98277

**Front Desk: 360-279-4580**

**TEMPORARILY CLOSED**

**Passport photos available by appointment**

**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

**Send comments and suggestions to CWaymire@oakharbor.org**

**AGING** continued from page 1

sion in the book and we had subject knowledgeable guest speakers for each topic. It was great to watch the participants grow together, converse together, and even teach each other.

Here is what the participants are saying about the program:

*"It was good to focus on various aspects of living well as we travel through this journey of aging. I was surprised how much I enjoyed not only the facilitators but the participants themselves. I ended each session with thoughtful ideas and a chuckle or two."*

*"Amazing experience! I am so glad I joined even though I had never used Zoom before."*

*"You have to keep growing and learning and this program is exactly what I needed to help me do that."*

*"I not only learned a lot but I also made friends and connections I didn't realize I was missing out on."*

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate in your daily life. The Starter Kit includes; the Aging Mastery Playbook, Activity Cards, Exercise DVD's, notepad, and a magnet.

If there is enough interest to start another Zoom discussion group with guest speakers we would love to get another group started. If you are interested in getting your starter kit to do your own self-pace journey alone or to join in Zoom discussions, please contact Program Coordinator, Carly Waymire at 360.279.4583 or cwaymire@oakharbor.org.

# CLASSES and EVENTS at The Center in Oak Harbor



## VIRTUAL PROGRAMMING

We are now offering Exercise Class and Yoga through RingCentral (powered by Zoom). The cost is \$25 a month for Center members and \$35 for non-members. Currently, we are unable to offer a drop-in rate or take insurance reimbursements. We can take payment over the phone, by mail, or we can set up a drop off time. To enroll in the class, please call the front desk at 360-279-4580. Once you have been enrolled in the class and sign the waiver, we will send you the login information to join. If you are new to the virtual communication world and would like assistance getting started, Liz or Carly would be happy to guide you through the process.

### EXERCISE CLASS

Monday, Wednesday, & Friday • 9:45 a.m.

Instructor: Bernice Manglona-Charlton

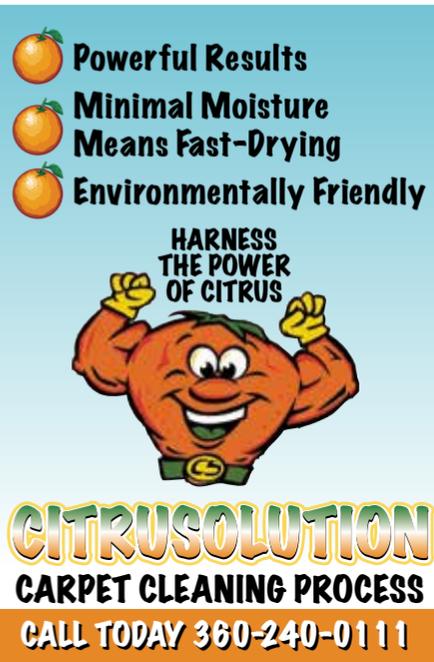
### YOGA

Tuesday & Thursday • 8:30 a.m.

Instructor: Maria McGee

## NEW FRONT DESK SOFTWARE

We will be installing a new software program to track our memberships and also allow for online sign-ups for classes and trips in the future. This should make sign-ups more user friendly and efficient. We are excited to implement the change. Watch for more information to come!



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## 10 tips

Nutrition Education Series

# choosing healthy meals as you get older



## 10 healthy eating tips for people age 65+

**Making healthy food choices is a smart thing to do—no matter how old you are!** Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

**1 drink plenty of liquids**  
With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. [Learn which liquids are better choices.](#)



**2 make eating a social event**  
Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to [make mealtimes pleasing.](#)



**3 plan healthy meals**  
Find trusted nutrition information from [ChooseMyPlate.gov](#) and the [National Institute on Aging](#). Get advice on what to

eat, how much to eat, and which foods to choose, all based on the [Dietary Guidelines for Americans](#). Find [sensible, flexible ways to choose and prepare tasty meals](#) so you can eat foods you need.

**4 know how much to eat**  
Learn to recognize [how much to eat](#) so you can control portion size. MyPlate's [SuperTracker](#) shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

**5 vary your vegetables**  
Include a variety of [different colored vegetables to brighten your plate.](#) Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.



**6 eat for your teeth and gums**  
Many people find that their [teeth and gums](#) change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

**7 use herbs and spices**  
Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! [Maybe your sense of smell, sense of taste, or both have changed.](#) Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



**8 keep food safe**  
[Don't take a chance with your health.](#) A food-related illness can be life threatening for an older person. Throw out food that might not be safe. [Avoid certain foods](#) that are always risky for an older person, such as unpasteurized dairy

foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

**9 read the Nutrition Facts label**  
Make the right choices when buying food. Pay attention to [important nutrients to know](#) as well as calories, fats, sodium, and the rest of the [Nutrition Facts label](#). Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.



**10 ask your doctor about vitamins or supplements**  
Food is the best way to get nutrients you need. [Should you take vitamins](#) or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to [www.ChooseMyPlate.gov](#) and [www.nia.nih.gov/health/topics/nutrition](#) for more information.

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# Check Out New Library Services!

By Sno-Isle Libraries

While the doors are temporarily closed to help the community stay safe from COVID-19, the six community libraries in Island County are still offering customers a variety of materials, resources and events. And, they are offering customers choices about how and where to access the libraries, either online or through a contact-free pickup service.

All six libraries - Clinton, Langley, Freeland, Coupeville, Oak Harbor and Camano Island - are part the Sno-Isle Libraries system across Island and Snohomish counties. Each library can access all of the 1.6 million items in the Sno-Isle Libraries collection.

When coronavirus concerns prompted the closure of buildings to the public in March, the library system quickly pivoted to focusing on digital materials that are available online. The library website ([www.sno-isle.org/online](#)) emphasized ebooks, e-audiobooks, digital versions of magazines and comics as well as movies, video and TV shows that can be either downloaded or streamed online.

In addition, a broad range of online learning opportunities came forward. Genealogy, languages, tech classes along with an enormous number of research databases - including consumer-oriented publications such as *Consumer Reports* - are all available online.

The library system even made it easier to get the always no-charge library card online ([www.sno-isle.org.getacard](#)).

For many regular customers who may have been accustomed to coming to their community library to browse the shelves, the richness of the online offerings was a new experience.

To help customers who know how to navigate their library, but are less familiar with the online world, the library also offers tips ([www.sno-isle.org/device](#)) about how to use the various apps for phones and tablets in the online experience. The libraries also have one-on-one help sessions with a librarian by phone, email or even Zoom ([www.sno-isle.org/book-a-librarian](#)).

Staying connected with others has been a challenge in recent months. Social hours, book groups, craft and chat, pub trivia, art classes, writing groups, cooking groups and more are all happening online, often in Zoom meetings. These events and classes are key to maintaining socialization contacts with others ([www.sno-isle.org/events](#)).

And recently, as state restrictions have eased somewhat, customers can again check out and return books, magazines and other physical materials, such as DVDs and CDs. Contact-free pickup and return of physical material is available at each library during operating hours. Unfortunately, in-library services are still not available at this time. To checkout physical materials, customers can browse online and use their library card to place items on hold for checkout. When the items are ready, the customer receives an automated email and/or phone call. Then:

- Come to the library where the items are on hold.
- Call the pickup-notification number posted at the library.
- Show ID at the main door
- A staff member will place the items outside the door in a labeled and recyclable paper bag.

- To return previously checked out items, just place them in the designated return crate outside the library or use the outside book drop if it is open.

Here are just some of the online resources available at [www.sno-isle.org](#):

### BOOK LISTS

- New titles
- eBooks & eAudiobooks
- Awards & bestsellers
- Staff picks & book clubs
- Recent ratings & reviews

### MOVIES AND MORE

- New DVDs
- Streaming video
- Digital magazines
- Newspapers
- Comics & graphic novels
- Music

### EVENTS

- From adults to babies and parents, a full spectrum of online experiences.

### HISTORICAL PHOTOS

- Photos from local historical groups and news organizations

### GREAT COURSES

- Feed your mind and body with these courses on science, religion and spirituality, literature, ancient civilizations, history, self-improvement, health and fitness, cooking and food and even martial arts.

### LANGUAGES

- Use Mango Languages to learn more than 70 languages using real-life situations and actual. Courses available in more than 70 languages.



The Sno-Isle Libraries collection includes materials available for checkout in Chinese, Japanese, Korean, Russian, Spanish, Tagalog and Vietnamese.

### TECHNOLOGY

- Lynda.com offers video tutorials on web design, business skills, photography, Microsoft Office and much more.
- Microsoft Academy training covering four content areas: Microsoft Office applications, computer science, data science, and IT infrastructure.

### GENEALOGY

- NewsBank - The largest and most comprehensive collection of newspaper obituaries and death notices.
- Ancestry Library Edition - The largest online family history resource, home to billions of historical records, millions of family trees and lots of helpful, time-saving tools.
- MyHeritage Library Edition - Over 8 billion primary historical records from the United States, Europe, and other regions, with coverage starting from the 16th century.

### DATABASES

- Literally hundreds of research databases from the New York Times and investment information to small engine repair.



**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](mailto: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:

**Aug. 13, 11 a.m. • Aug. 24, 1 p.m. • Sept. 15, 1 p.m. • Sept. 25, 10:30 p.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](mailto: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](mailto:mel@islandseniorservices.org) to receive information about joining any one of these groups, or to request additional support group meetings.

## MEALS ON WHEELS MENU - AUGUST

\$6 Suggested donation for meals

### WEEK 1

Mon	3	Greek Salad Bowl w/Chicken
Wed	5	Bratwurst w/Sauerkraut
Fri	7	Turkey Ranch Wrap w/Veggies

### WEEK 2

Mon	10	Spinach Salad w/Mandarin Oranges
Wed	12	Lemon Braised Chicken Tenders
Fri	14	Chicken & Fettuccini Salad w/Veggies

### WEEK 3

Mon	17	Roast Beef Wrap w/ Lettuce & Tomato
Wed	19	Orange BBQ Chicken w/Potatoes
Fri	21	Bacon, Peas, & Artichoke Orzo Salad

### WEEK 4

Mon	24	Deli Turkey, Ham, & Cheese Wrap
Wed	26	Greek Chicken Thighs w/Olive & Feta
Fri	28	Asian Chicken Ramen Salad w/Almonds

### WEEK 4

Mon	31	Italian Spaghetti Salad w/Salami
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**CLOSED TUESDAY AND THURSDAYS**

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# FROM THE EXECUTIVE DIRECTOR

## Go Simple this Summer

In a world filled with complexity, it feels like a good time to enjoy the simple things. Life on our Island is a little different this year as one goes to the grocery store, wondering if that person across the produce section is the friend that you haven't seen for a while. You wave and say hi, but there are no lingering conversations next to the potatoes as you may social distance and experience the limits of conversation while using a mask. Or, you head for a local eatery with outdoor seating on a warm summer's day to see a family member that you have only interacting by phone choosing the largest table to allow space between you.

Amid the COVID-19 world, we are living in and through, it seems a good time to go with simple. What is simple? ...a walk on one of Whidbey's trails, extra time in the garden, mastering zoom to connect with friends and family members that might otherwise be paying a visit to the Island this summer, reading a new book, watching a good movie, trying out a new recipe

just for fun, organizing the memorabilia that has been waiting for another level of the sort and pitch process that comes with this stage of life, getting involved with a local or national organization at this time of need, or learning how to access Sno-Isle Library System through their online portal. Sit with your cup of tea or glass of wine and jot down a list of the simple things you can do this summer that give you pleasure and restore a sense of well-being. We are building our skills in spending time alone or with a limited group of those we live with or are close to. We know this will go on for a while.

However you are spending your time these days, enjoy the simple things. It's a great time to appreciate the essence of each day. These long days give us much license to be outdoors, to relish in the green that is lasting longer than usual given our cool, wet spring, and to relax into the interlude of summer. We all deserve to take a breath amid the multiple levels of change around us. To take a breath to help us traverse the ambiguity about the future, and to find things that make us smile.

Enjoy the summer!

# 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](mailto:feedback@islandseniorservices.org).

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.

**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](http://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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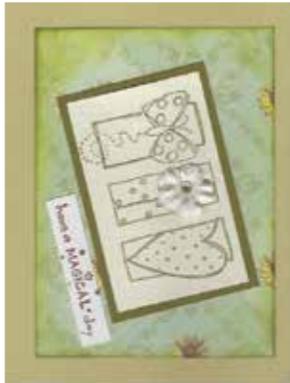
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OR AT OR BELOW  
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FOR TWO PEOPLE

**CALL 360-321-1600 FOR MORE INFORMATION**



## CARING CARDS

One of our local artists, Patti Stein, wanted to do something to make a difference in the lives of recipients of Meals on Wheels and to thank the generous volunteers who deliver meals. She handmade hundreds of cards which have been delivered and brightened days for so many people. Thank you, Patti, you really made a difference! "I do hope others will do something similar for those who are isolated and have little contact with the world right now." If you'd like to make cards, please let Debbie Metz, Nutrition Director, know 360.321.1600. It's also a great summer project to do with grandkids; they can draw a picture or write a sweet message. It will be welcomed, and deeply appreciated.



## 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**  
360-321-1600  
or 360-678-3373

**Oak Harbor Aging & Disability Resources**  
360-675-0311

For more information, visit [www.senior-resources.org](http://www.senior-resources.org)

## OUR LOCATIONS

- Island Senior Resources  
14594 S  
Langley, WA 98260
  - The Center for Senior Services  
(in collaboration with Island Senior Resources)  
51  
Oak Harbor, WA 98249
  - (in collaboration with Island Senior Resources)  
Center  
Rd  
A 98282
  - Thrift  
Jard Ave  
WA 98249
- For more information call:  
**(360) 321-1600 or (360) 678-3373**

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## 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](http://www.senior-resources.org).

# With an Abundance of Caution

By Cheryn Weiser, ISR Executive Director

Who knew that our world was going to change so drastically in 2020?

Today, much ambiguity continues. Will the current uptick in positive tests for coronavirus continue in Island County and Washington State? If this is still the first wave, will there be a second wave in the fall and even a third wave after that? Will we face another Stay at Home order? If you are in the high-risk category due to age or chronic health conditions, how do you live your life now?

We have managed since early March to continue to deliver the vast majority of our services via phone, email, and website. However, a nagging question remains, "When would it be feasible to re-open the Island Senior Resources Center at Bayview?" We have awaited guidance from state or local officials. We have consulted with other similar organizations like the Center in Oak Harbor and the Camano Center on Camano, as well as other organizations and government entities across the United States.

For instance, community meal sites across Washington are choosing to remain closed indefinitely. We've asked, how could a community meal program serve people while maintaining social distance? If one of the primary purposes of community meal sites is for connection with other community members, how do we support community while

social distancing? In addition, the Bayview Center is nearly 50 years old and the ventilation is not great. What are the risks an aging building presents to our community members?

Based on our research to date, we have determined that the best course of action, for now, is to keep the Center closed indefinitely. If the conditions change, we will make a new decision.

During the pandemic, we will continue to deliver services and maintain facilities with the following goals and operating assumptions in mind:

**GOALS:**

- Protect the health and safety of participants and clients
- Assure continuity of services and programs
- Assure the health and safety of our volunteers
- Assure the health and safety of our employees
- Operating Assumptions:
- Be proactive
- Use an abundance of caution
- Act in ways to reduce fear and anxiety
- Instill peace of mind

We care deeply about all of the residents of Island County. Reach out to us by phone, email, or connect on our website. Above all, please stay safe as we navigate these uncharted waters!

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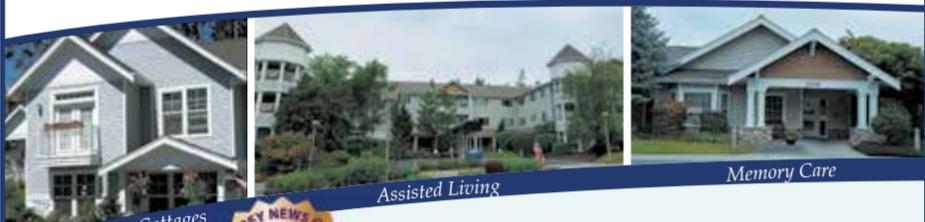
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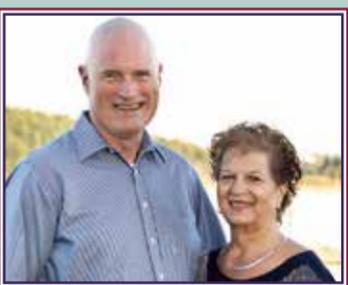


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**RISKS** continued from page 1

tourists flooded the aisles, I had to recalculate. To take a calculated risk means we look at three things: probable outcomes, impact on self and others, and the anticipated rewards versus potential losses.

I've made a chart I put on my desk, by my door, and in the car with my mask and gloves. The chart helps me calculate my way through the days.

The thing I want:		
Probable outcomes	Impact on self & others	Rewards & losses
What I have decided:		

When I followed this chart regarding my grocery shopping, it helped me shift to a new pattern with minimal stress. When considering a summer visit with our grandchildren, the chart gave me good language to talk it through as a family, and space to acknowledge grief and acceptance.

The area of greatest risk and need for calculation remains our choices about how to be present to one another. Taking precautions is a public service. The sign coming into Langley reads, "Six feet apart... Together at heart." Whidbey in summer offers us warm days to gather with chairs spaced out around the patio providing social distance. People can stand on street corners and say hello. We can ramble on beach and forest trails and step aside as others pass. Many of us have made choices to stay local and to visit locally. We are making it through, but it is harder for some than others.

For Island Senior Resources, making calculated risks on behalf of seniors, adults with disabilities, and those who care for them, means calculating safe interactions in every area of service and resources. Mel Watson, whose role was to organize and support Time Together and other face-to-face services, had to shift everything. She said, "I had to immediately accept the closure of programs that required in-person attendance and focus on how we could connect in new ways. I created opportunities for folks to connect through virtual support groups, understanding that it would take time for some people to embrace it. Later, I added a virtual Time Together @ Home for those who had been attending the day program and who could tolerate a virtual experience versus in person."

As the months have progressed, Mel has noticed, "This experience has triggered new ways of thinking about day programs and how we can benefit both participants and caregivers. As virtual becomes more normal, many have benefitted from the new experience because their condition made it difficult to get to an in-person meeting or support group. Families report that they are doing better with fewer out of home trips. ISR plans to continue offering varieties of opportunities moving forward, and we

anticipate a combination of in-person and virtual participation into the future, even when it is deemed safe to gather again."

And in ISR food services, Debbie Metz and her tireless cooking staff and volunteers stepped into the changed situation wholeheartedly. "We are committed to serving our most vulnerable population, our Meals on Wheels participants, making sure they continue to receive nutritious meals, meaningful connection, and a safety net," says Metz. "Our participants count on us, especially as they face increased isolation and distancing. As the pandemic hit, we adapted our food service without missing a single day of delivery. We shifted to frozen meals and sack lunches, for those who can drive to pick up meals from us, and to front porch deliveries for Meals on Wheels. Demand has increased by a third. To do this, we had to calculate how to stay safe and healthy ourselves, so that we could continue to cook and deliver to others. This required not only safety procedures on the job but trusting our staff and volunteers to observe strict protocols at home to safeguard their exposure risk. It's a commitment that binds us together as a team." As for our community meal sites and having the pleasure of each other's company, Debbie admits, "that will have to wait for quite a while."

Watching ISR and other agencies take calculated risks has helped me think about how I take risks. I remember my words to my granddaughter that I would encourage her to take risks but not put her in danger. I follow my own advice: I take risks and do not put myself in danger. There are things I want that I can't have right now – to cook with friends, to travel and visit family, to sing in a choir – but I will be alive and healthy when those things return. Six months ago, the world changed. We may be weary of precaution and protocol. We may want to relax, but these are not relaxing times. The "New Now" is a teachable moment for everyone. Every time I work through my little chart I learn.

The thing I want: a thriving sense of community during and after this time.		
Probable outcomes	Impact on self & others	Rewards & losses
Stay well to help others stay well.	Well-being is totally interconnected.	Things I still want to accomplish are more important than any impulsive choice.
Stay informed, make clear choices, think things through.	Risks I take impact everyone I touch; everyone I care about.	I want to carry inspiration from these times into the rest of my life.
My emotions are like the weather: hold on in a storm and bask in the sun.	"No one is an island," I support community health and awareness.	I want to help my grandchildren step boldly into the world coming.
<b>What I have decided: To stay the course, to ask for what I need and offer what I can.</b>		

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