

Island Times

Look for Island Times the LAST Thursday of each month
MARCH 2021

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

Volume 4 • Issue 11



WHAT WE PLAN FOR OURSELVES ISN'T ALWAYS WHAT LIFE HAS PLANNED FOR US.

It May Not Be Italy, But Holland is Nice

By Liz Lange, Administrator of Senior Services, City of Oak Harbor

Recently a woman shared how her life was like planning a wonderful trip to Italy. She spent years preparing for Italy, including packing for the climate in Italy, purchasing a ticket to Italy and boarding a plane to Italy. Upon landing, she was informed that she had instead arrived in Holland (Netherlands). While Holland is nice, it wasn't where she had planned, hoped and excitedly prepared to go. While I don't know this woman well, I know she has experienced some major life changes and had indeed ended up somewhere completely different in her life than she had planned.

Days after hearing her share this analogy I was talking with my brother-in-law, who just four months ago lost his wife Amy (my sister) to cancer at the young age of forty. He told me he is happy and looking forward to the future with hope and excitement. Of course, there are days the pain of losing Amy is so strong and present, and of course he wishes she was still here. He acknowledged that their life together was wonderful. But she is gone. Knowing he couldn't change that fact of life; he has decided to focus on what being a recent widower and single dad of two young boys would bring. Wow. He and Amy had made it to Italy, but their trip there was cut short and he soon found himself in a much different place. But he is not dwelling on the pain and anger of his new landscape. He is embracing the challenge. He is buying new luggage to more easily travel solo with his boys, he is connecting with new people in similar life situations, he is making plans for the future.

We can all relate to this Italy/Holland anecdote of planning for a certain life and having things end up so differently. I've since spent time thinking of the many times my life course has veered from my roadmap. When I had hoped and worked for a certain outcome only to be guided another way. While some changes were challeng-

HOLLAND continued on page 6

Living with Technology

By Robin Bush
ISR Outreach and Community Education Director

Your neighbor tells you to get rid of the pretty wall calendar in your kitchen and keep your calendar on your phone. How? You have a virtual telemedicine appointment tomorrow. Where? The answer to so many things is "get an app for that." What's an app? Is it safe to sign up or buy things online? What about hackers, security, and privacy? And what about the whole new vocabulary out there? What's WIFI, Bluetooth, live-streaming, or Google hangout? What's phishing? Your nature is to be self-sufficient, so you search Google or YouTube for answers only to find tutorials that describe a different version of the software than you have, and what they say to click on isn't on your screen. You end up frustrated and even more confused. And to top it all off, contacting "customer service" means an online chat or searching through a confusing list of "frequently asked questions."

You are not alone in feeling overwhelmed. The world is changing quickly. Each day something new has moved from in-person to the internet, or new technology changes what you just learned. The winds of change are not a gentle breeze but rather a swirling twister sweeping us up and into its powerful force. We all feel the pace. It wasn't always this complicated. It wasn't that long ago that my first computer had 8 Kilobytes of memory (not Gigs, Kilobytes)! It could store a few documents. I could type and make corrections and then print – no more carbon paper or white-out, and not much more complicated than an on/off button. Today, my newest computer has a 4-terabyte solid-state backup drive -- about 4 trillion times larger than my old computer. It will store every picture I have ever taken (and that's hundreds of thousands),

TECHNOLOGY continued on page 3



QUESTION OF THE MONTH: WHAT WAS YOUR FAVORITE PLACE TO HANG OUT WHEN GROWING UP? IN ONE SHORT SENTENCE, WHY?

Cheryl L. Weisz

Freeland

"In the 28-acre field beside our farmhouse where I searched for and found arrowheads, skinning knives and spearheads made of flint after rains."

Teri Hoskens

Coupeville

"The neighborhood park – we would run wild and I would get out my mother's hair."

Linda Good

Langley

"In my bedroom, because I could play music, read and not be interrupted by my two brothers, and when weather was good, I could see Mount Rainier out the window."

Billy B.

Oak Harbor

"The ice cream shop that had the best Sundays. We would meet the girls there and buy them an ice cream and try to get them to go dance with us."

Danny

Oak Harbor

"The Pit – it was an old clay tile pit that they filled up with water and stocked with fish."

Lloyd Kiff

Clinton

"Growing up as an only child in rural West Virginia, my favorite hangout was in the woods (with a dog, of course). I developed a strong interest in birds there, an infection that has never left me."

Doris Wean

Oak Harbor

"I grew up in New Jersey and in the winter we would go Ice Skating. It would get cold enough we could skate at the neighbors pond."

Francoise Delehanty

Langley

"A park in Paris where I lived, 'Le jardin des poètes' (poets garden). It exhibited poems written in stones placed all over the park which my friend and I loved to read and comment about."

Whidbey Weekly & PRINTING

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FROM THE EXECUTIVE DIRECTOR

Two Steps Forward, One Step Back

By Cheryn Weiser, Executive Director, Island Senior Resources

As we checked in with one another in a recent meeting of the ISR Leadership Team, we started by asking how each of us was doing. One member acknowledged, "It feels like Ground Hog Day." I left the meeting thinking there are probably a lot of us feeling that way; two steps forward and one step back as we navigate vaccine availability, continued masking, and social distancing, and a late winter cold onslaught that brought us all up short. We feel a bit tested and maybe a bit testy!

Despite the deeply rooted feeling in our knowing we have been at this COVID 'thing' for a YEAR, the likelihood of increased access to vaccines and the inevitability of spring being around the corner will let us be outdoors more and should lighten our individual and collective emotional load.

I find myself thinking about what I miss most in this COVID

time. For me, the formal and informal rituals of gathering together over a meal, over coffee, across the produce section at our local grocery store, or enjoying a birthday or holiday celebration with family and friends top my list. I've chosen to focus on the one thing I want to make sure happens when I am fully vaccinated, on a warm spring day – packing a lunch and meeting a friend or family member at a local park or another outdoor location, still socially distanced. I will carry this intention with me until I make it happen. I allow myself a little smile as I imagine what that treasured sequence of events will feel like. And, on the other side, I will set a new goal that will bring similar deep satisfaction and a sense of normalcy.

By spring, we may not yet be able to enjoy that special hug from a dear friend or family member, but there are ways to expand our repertoire from our more cloistered existence. So, dream a little. Imagine that warm spring day. What will you be doing?

IMPOSTERS EVERYWHERE

By Tony Leahy, Consumer Education and Training Services (CENTS) Executive Director

In an imposter scam, someone pretends to be someone else for the purpose of getting your personal and/or financial information. This was the number one reported scam category in 2019, according to the Federal Trade Commission.

ANYBODY CAN PRETEND TO BE ANYBODY

A scammer can pretend to be from a government agency, like the IRS, a business, such as Bank of America, or a family member or friend. Scammers are even pretending to be a love interest on social media and dating websites.

TELL-TALE SIGNS OF A SCAM:

1. The government agency or business asks for sensitive information over the phone, text, or email.

2. They contact you to get sensitive information they should already have.
3. They ask you to wire money or send it via an untraceable manner, such as Money Pak/Green Dot cards.
4. Someone you don't know well asks you for money.

STEPS TO FOLLOW TO AVOID IMPOSTER SCAMS

1. Don't be rushed, pressured, or make a decision in a panic. Scammers try to scare you, so you act without thinking things through.
2. Verify you are communicating with who you think you are. Don't just respond to the number in the email, voicemail, or text. Look up the correct number in the phone book, on your bill, or online. I am sad to report scammers are now setting up impos-

ter websites, so you want to make sure you contact the legitimate business or government agency if you look it up online.

3. Be very judicious when you provide personal and/or financial information. Do not provide this over text or email.
4. Do not wire money or send it in an untraceable manner.
5. Don't loan money to people you don't know well. If you decide to loan someone money, even someone you know, make a contract and make sure you have that person's name, address, and contact information.

For more information, there are helpful videos and resources at www.Senior-MoneyProject.org and www.CENTSPProgram.org.

CENTS is a nonprofit organization dedicated to empowering people to improve their financial health by developing educational and legal resources to help prevent or overcome financial challenges. Their Senior Money project is a free consumer education program for seniors.



Thursday- Saturday
10 a.m.-4 p.m.
Sunday, 11 a.m. - 4 p.m.

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

Donations will be accepted Sundays only 9-11 a.m. or until capacity is reached.

360-321-1600 • 360-678-3373

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.

Every Thursday is Treasure Hunt Thursday: one item your choice, 15% off
Every Friday: Books 25% off

ALL MARCH: Green tags, 25% off • Red tags, 50% off

DATE	DAY	ITEM	SPECIAL
March 6	Saturday	DVDs and CDs	15% off
March 7	Sunday	Home School Providers	10% off entire order
March 13	Saturday	Frames and Framed Art	15% off
March 14	Sunday	Daylights Savings Time	Clocks, 15% off
March 20	Saturday	Spring is Here!	Women's & Men's Shorts and Capris, 15% off
March 21	Sunday	Office Supplies	15% off
March 27	Saturday	Pillows	15% off
March 28	Sunday	Electronics	15% off

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

Get Information about Medicare and COVID-19 Vaccine Scams

It is important to know about COVID-19 vaccine scams and how to avoid them. Go to our website at: www.senior-resources.org/shiba/

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 @ Home
Medicaid In-Home Care/
Case Management
Medical Transportation/
Volunteer Services

SHIBA

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

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

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

OUR LOCATIONS

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(in collaboration with... Center)
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Oak Harbor
(in collaboration with... Center)
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... WA 98282
Senior Thrift
... dard Ave
... WA 98249
For more information call:
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**Please contact Island Senior Resources
(360) 321-1600 or (360) 678-3373**

TECHNOLOGY continued from page 1

more documents than I could write in a lifetime, and over 90 different software and utilities. It's like having a rocket-ship replace a typewriter. OK, so I guess it is time to learn to fly.

Are you ready to plug into the world and not be overrun by technology? ...ready to harness technology to help you continue to work from home or start a home business? ...ready to use technology to connect to family and friends? "Yes!" you proclaim, but the same old question arises... "HOW?" It takes looking at how you learned new things all through your life. Most of us don't start out running. We succeed when we break learning into small steps that we master and then take the next step and then another. Learning is an attitude as much as it is a process, and it's made easier when you have a good teacher.

Where do you find a technology teacher? One highly respected source is Senior Planet, an online resource center whose goal is to empower those over 60 to understand and use technology to improve their lives. They provide free classes with personal instructors to

help anyone join the digital age. Their website has educational classes for seniors about technology, health and wellness, travel, crafting, and more to help "people of all ages come together and find ways to learn, work, create, and thrive in today's digital age." (from their website) They call it embracing aging with attitude. MIT calls Senior Planet "the tech-savviest retirement community on earth." Their web address is www.seniorplanet.org, they can be found on Facebook at www.facebook.com/seniorplanet/, and their technology hotline can be called 9-5 EDT (6-2 PST) Mon - Fri at 920-666-1959. You can also email questions to membership@seniorplanet.org. Membership is not required.

ISR is supporting online community education and engagement as well. We believe lifelong learning is a state of mind and information empowers everyone. We are in the process of updating our website and growing our Virtual Community - a place to connect with others, learn, join support groups, see our growing calendar of online events. Plus, you will find links to learning and engagement opportunities offered by our partner organizations. See you in cyber-space!

Strategies for Well-being: Part 6

Building a Practice of Mindfulness

By Betsy Griffith, LMHC, Island County Human Services

Regular practice of mindfulness has been linked to improved cognitive function, improved physical health, and improved mental health.

What is mindfulness? Jon Kabat-Zinn, founder of MBSR (mindfulness-based stress reduction), defines it as: "Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."

Let's try a few DIY mindful activities. Find a space where you can be minimally interrupted for five minutes. Sit comfortably or lay down. If it feels comfortable, close your eyes.

Breathing mindfulness. Inhale a slow deep breath, followed by a slower exhale. Continue your focus on the sensations of your breath. Follow the path of air and sensations that arise. Feel the change of your chest and diaphragm as your breath moves in and out. When you feel your mind drift, bring your attention back to your breath.

Body Scan: Begin with a minute of focus on breathing with slow deep breaths and building connection to your body. Bring your focus to your toes, starting with your big toe and slowly moving one by one. Attend to any sensation (temperature, contact with clothing). Continue moving your attention around your feet, heels, and ankles. Check for any tension, take a slow deep breath and release any effort on the exhale. Continue slowly scanning your legs, knees, and thighs. Attend to any tension. If you come across any discomfort, recognize it without judgment. Continue to your hips, your stomach, your back. Pause to take another slow deep breath and release it with a slow exhale. Continue with shoulders, down arms, elbows, forearms, wrists, hands, and fingers. Check in with all sensations of feeling like air passing over hands or arms resting. Return your

attention to your shoulders, then to your neck, face, jaw, and brow. Again, attend to any tensions and pause to breathe and release. Now bring attention to your whole body. Bring awareness to your energy and the sensation of calm.

Mindful eating: Pace this activity to last for at least 5 minutes. Find a bite of something delightful - a piece of fruit or a bite of chocolate. We'll use a grape today in this description. Begin with a moment of breathing. Pick up the grape and feel the weight of it. Feel the texture in your hand. Bring the grape closer to your eyes and closely explore the intricacies of the surface. Hold the grape close to your ear and roll gently between your fingers, listening for any sounds. Smell the grape exploring the sensation. Put the grape in your mouth, but just hold it without chewing. Explore how it feels and how your mouth responds. Slowly begin to chew, experiencing the sensation of flavors as you do. Prepare to swallow, attending to the feeling of the grape moving along. Pause and think of how this moment feels and any lingering flavors.

If you'd like to explore guided mindfulness, there are great technology supports. Smiling Mind is a web and app-based program that offers a multitude of mindfulness activities for a range of ages (free). Calm is an app that offers many options of mindfulness activities, some led by celebrities, for a variety of focuses (free/premium). Insight timer has guided mindfulness, mindful courses, music, and more (free /premium). 10% happier is a great podcast that explores ideas of mindfulness and hosts leaders in the field of mindfulness. There are great books as well. Jon Kabat-Zinn's books are in a number of formats in Sno-Isle libraries.

Enjoy your moments of pause and mindfulness.

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Support Group Meetings now available online

"I'm tired, I don't want to do this any longer.....I thought of driving into a tree..... I didn't know there was a place that held other people with my experiences..... who get it.....these meetings saved my life."

(Support Group Participant)

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

TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

Mondays except public holidays 11 a.m. – 12:30 p.m.

Facilitated by Time Together director Mel Watson. The program is designed to engage participants with discussions, group puzzles, and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or those with cognitive challenges who enjoy being with people and making friends.

Time Together @ Home is an online Zoom event. To register, email mel@islandseniorservices.org for further information. Once we receive your completed registration, we will send you instructions for joining the weekly online events.

PARKINSON'S SUPPORT GROUP

Tuesdays, 10 – 11:30 a.m.

Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's and their family caregivers to share experiences, knowledge, and support. Friendships are formed and connections are made to help those living with this challenging condition. Contact mel@islandseniorservices.org to receive Zoom information to join the group.

ALZHEIMER'S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11:30 a.m.

Facilitated by Mel Watson. This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

Contact mel@islandseniorservices.org to receive Zoom information to join the group.



YOGA FOR THOSE LIVING WITH PARKINSON'S, THEIR CAREGIVERS, AND OTHERS WITH COGNITIVE OR MOVEMENT CHALLENGES

Thursdays, 2:30 – 3:30 p.m.

Facilitated by Renee Levier (<https://leverrier.com>), "Living well with Parkinson's" is hosted by Mel Watson. This group is for people who want to improve their physical and mental well-being through yoga. Renee says, "If you can breathe you can do yoga." This is a place to come together and practice techniques to improve movement and balance. Everyone welcome!

To join on Zoom go to: <https://us02web.zoom.us/j/393691440>

CARE RECEIVER SUPPORT GROUP

Alternating Thursdays 11 a.m. – 12:30 p.m.

Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's Disease, or any other challenging condition, and who receive support and care from a family caregiver. This is a safe place to discuss challenges and share experiences.

Contact mel@islandseniorservices.org to receive information to join the group.

CONNECTING IN DIFFICULT TIMES

Hosted by Island County Human Services

Thursdays, 11 a.m. – noon

A place where individuals can feel comfortable about sharing any struggles they are experiencing in response to the COVID-19 safety recommendations. If interested, please call 360-678-8293.

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Stop Time

By Susan Melman

*Stop time
keep it like it is.*

*Unsteady for sure but still can be managed
Conversation and laughs*

*stop time
stop time*

*I could do it now
but what then later*

*stop time
please*

(Susan Melman is a poet who writes on how Alzheimer's and Parkinson's affects her)

ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

Free Powerful Tools for Caregivers Class on Zoom

SIX WEEKS:
Thursdays • March 18 – April 22 • 1–3 p.m.

This class is designed to:

- Help caregivers take care of themselves while caring for a relative or friend
- Develop a wealth of self-care tools to reduce personal stress, prioritize, self-care, manage emotions, increase confidence, and set goals for yourself.

Pre-registration required. Go to www.senior-resources.org/calendar and click on March 18 to register. For more information contact Finn Lambourn reception@islandseniorservices.org or call 360.321.1600 or 360-678-3373, Ext 0.

Books for the class can be purchased online at www.powerfultoolsforcaregivers.org/product-category/caregiver-helpbook/ or borrowed for the duration of the class from Island Senior Resources (Bayview) or the Camano Center. Please call for more information.

Learn the Basics of Social Security

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s



This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600 ext 0.

Monday, March 15, 1 p.m.

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event. For more information call 360-321-1600 or 360-678-3373.

Getting Ready For Medicare!

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a "Getting Ready for Medicare" seminar on Zoom, offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours.

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2021 (covered in the Medicare 2021 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, we will tell you how to get it).

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and can click on the link for each date/time. Pre-registration is required.

GETTING READY FOR MEDICARE:

Thursday, Mar. 4 • 10:30 a.m.
 Tuesday, Mar. 23 • 1 p.m.

Tuesday, April 6, 1 p.m.
 Tuesday, May 4, 1 p.m.

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

Medicare




MARCH

\$6 Suggested donation for meals

WEEK 1		
Mon	1	Italian Pasta w/Ground Beef
Wed	3	Ginger and Peach Chicken
Fri	5	Salmon Asparagus Bake
WEEK 2		
Mon	8	Creamy Chicken Noodle Bake
Wed	10	Meatloaf w/Tomato Topping
Fri	12	Chile Relleno Strata
WEEK 3		
Mon	15	Beef and Barley Soup w/Vegetables
Wed	17	Scalloped Potatoes w/Ham
Fri	19	Supreme Vegetable Pizza
WEEK 4		
Mon	22	Chicken and Corn Chowder
Wed	24	Crispy Orange Beef w/Fried Rice
Fri	26	Tuna Noodle Casserole
WEEK 5		
Mon	29	Minestrone Soup w/Vegetables
Wed	31	Quiche w/Canadian Bacon

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Liz Lange • 360-279-4581

Senior Services Administrator

Carly Larson • 360-279-4583

Program Coordinator

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

2,021 Miles to Go

By **Sonney Wolff**, Accounting Assistant, City of Oak Harbor

I joined this club where each member runs 2,021 miles in 2021. That's an average of about 5.62 miles a day, for 365 consecutive days. In an attempt to downplay the gravity of my commitment, I rationalized that I only needed to maintain around 39 miles a week, and somehow this sounded better, like I might be able to give myself a break, or a day off, or a glass of wine on a Friday night. I'm currently 117 miles behind, and some recalculations are in order.

March seems to do that to me every year, demand recalculations. I've long fallen off my resolution wagon, but I'm not giving up. If I want Sundays off, I need to average 7 miles per day. It's daunting, even to me, and I can run forever without tiring. But I'm moving forward on two premises here, both were mottos of my late husband, Jay.

"First and foremost," he would say while staring down some impossible feat. "The hardest part about achieving anything is deciding to do it."

"And second," he would say with a grin I'll never forget, "There's only one way to eat an elephant, one bite at a time."

There was no mountain too tall for Jay, no canyon too deep. Nothing was impassible for that man. He saw obstacles not as barriers, but as challenges, moments for him to think creatively and navigate some new puzzle, and he enjoyed the process.

I feel blessed to have these memories of him, to carry them with me through every COVID-19 situation, every feat that lands before me, every new challenge I decide to conquer. I've had to learn how to Zoom, how to pay bills differently, how to teach classes online. My old job let me go due to COVID cutbacks, and I had to find a new job, in a new field. My children are troubleshooting online high school and college. The list goes on, and it's easy to feel defeated.

The world is nothing but one challenge after the next right now, and I'm 117 miles behind my goal of 2,021 miles, but I've done some recalculating. I've



decided to conquer this, and I'm going to do exactly what Jay would have done – eat this elephant, one bite at a time.

(Sonney Wolfe is a freelance writer who lives in Oak Harbor, Wash. She's been published in the *Record Searchlight*, *Placer Harold*, *Press Tribune*, *Suite 101*, *Totsy.com*, *The Canyon Weekly*, *Island Times*, and various others. She taught English at a few colleges in Oregon and currently works as an accounting assistant for the City of Oak Harbor Finance department. In her free time, she enjoys hiking with her kids, snuggling her grandson, and running 43 miles a week like a crazy woman.)

Whidbey Island Genealogical Searchers (WIGS)

Tuesday, March 16
1 p.m. on Zoom

(sign in 10 mins. early)

presents **Jill Morelli** – *"The Orphan Train Movement: The Tale of Three Riders"*

Between 1854 and 1929, the Children's Aid Society of New York City moved over 200,000 children to the Midwest. Three case studies will look in depth at the range of materials available and the effort needed to identify their parents.



All are invited to join us. Non-WIGS members wishing to attend should send an email to whidbeygensearchers.org no later than March 14.

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HOLLAND continued from page 1

ing and heartbreaking, others were exciting and led to something better than I could have imagined.

How about you? When thinking about your life, what were times of transition where you planned and prepared for one outcome only to receive another?

More importantly, when this happened, when you found yourself in your unplanned Holland, did you quickly recognize the change as a great new adventure and opportunity to explore and come to know and love Holland? Or did you sit in the airport and complain to whoever would listen, that a mistake was made, and you weren't leaving until you were taken to Italy?

In our many course changes, may we find the strength to adjust, the desire to find joy, and the determination to continue forward with whatever our pathway leads. Through it all my track record has proven, same as yours, that I have a one hundred percent success rate in surviving these detours. That's reassuring.

If you made it to your Italy, congratulations! If you instead were re-routed to Holland, or beyond, may you embrace the surprise and new opportunities that await and find hope and joy in the unplanned journey. Sometimes life takes an unexpected wrong turn in the right direction.

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Member Spotlight: Sylvia Sotelo

Sylvia Sotelo is a true Pacific Northwest gal who grew up in Kirkland, Washington and has seemed to keep finding her way back to Whidbey Island. In the 1970's Sylvia and her sister lived on the Island and owned "Stuff and Such" for about 8 years. Their store was located where the Seaside Spa and Salon in Coupeville is currently located. They sold items like house plants, antiques, and locally hand-crafted gifts. Together the two of them also did many arts and craft shows. After her sister moved to Florida they would even do art and craft shows down there in the winter and then shows on Whidbey Island in the summer. Sylvia participated in the Coupeville Festival for many years and the Issaquah Salmon Days for around 18 years.

Around 8 years ago, Sylvia decided it was time to return to Whidbey Island and partake in a new business venture. She had an idea of running a bed and breakfast type of business and had always thought that would be fun along with provide some additional income. She looked for two years all over the Island for a place to call home and use as a vacation rental. Sylvia felt like she had a tie to Coupeville from owning her store there in '70's so when the "Float on Inn" became available she knew she couldn't pass it up. The house is located right in Coupeville and offers beautiful views of the water. It has a separate upstairs living area with one bedroom, a private bathroom, nice sized living room equipped with a mini fridge and microwave and an outdoor deck that looks out over the water. She uses this space as a vacation rental using sites like Airbnb and VRBO. Sylvia mentioned how she has had people from all over the United States, Canada, and even England stay at her home. Sylvia said, "I started doing this



Sylvia enjoying the beautiful outdoors on Whidbey Island

when I was 75 and it was a new adventure and a new career, but I thought why not." She does all the work herself and mentioned how she feels it keeps her young. Sylvia didn't want her age to stop her from fulfilling a dream of running a vacation home. As someone with a long-time tie to the Island she said, "I feel very fortunate to live on the Island and I love the small-town feeling."

One of her most treasured things in life is her two daughters and four grandchildren. One of her daughters lives locally in Renton and her other daughter lives in Southern California. It was a huge priority of Sylvias' to be a part of her grandchildren's lives so she would make frequent trips off Island to Renton and fly down to Southern California to visit. Unfortunately, the past year Sylvia hasn't gotten to visit due to COVID but once it is safe to do so again, she is ready to see her family.

Sylvia got involved at The Center a few years back when she was looking for an exercise class to join and found EnhanceFitness. She has great self-motivation, even though it isn't always easy, and attends 90-100% of the classes most months. The thing that gets her going is always looking to the future and having a positive outlook on life. Sylvia is someone who always appreciates what she has and helps brighten the lives of those around her. She is an inspiration for all of us and we are very fortunate to have her as a member in our community and at The Center.



Sylvia's Float on Inn

HAIKUS

In last months issue of Island Times there was an article asking for Haiku submissions and here are the submissions we received:

"Whidbey Island is our beautiful home cradle. Cherish and love it!"
- Jennifer Abermanis

"The Center stands still. Your laughter, smiles, presence will return again."
-Liz Lange

Dusk approaching, still The world aglow, gentle light Peace, golden hour"
-Alicia P.

Guess Who?

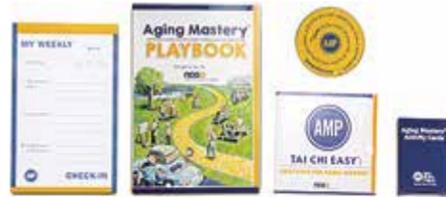
I am a singer born in Oklahoma March 10, 1983. When I was a child I sang with a church choir and also participated in talent shows. I gained fame while participating in a popular American singing competition, which I ultimately won.

Answer: Carrie Underwood

CLASSES and EVENTS

at The Center in Oak Harbor

AGING MASTERY PROGRAM STARTS MARCH 9



March 9 – April 20

The Center In Oak Harbor is proud to partner with the National Council on Aging to offer you the Aging Mastery Starter Kit. The Starter Kit will inspire you to take steps toward positive gain across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, you are encouraged to incorporate in your daily life. Each week will have a RingCentral (powered by Zoom) meeting with the group and a guest speaker to discuss the chapter and apply what we have learned. You can join the meeting by either calling in or using a device to connect to the video chat. This is a great time to make new connections, engage in lifelong learning, and start to master aging well.

Virtual Group Discussion Dates and Topics:

- March 9 - Welcome & Introduction
- March 16 - Gratitude & Mindfulness
- March 23 - Health & Well-being
- March 30 - Finances & Future Planning
- April 6 - Connections & Community
- April 13 - Creativity & Learning
- April 20 - Legacy & Purpose

Space is limited but there may still be room to join. If you are interested, please contact Carly Larson at 360-279-4583 or clarson@oakharbor.org. Are you interested in the material, but not the Virtual presentations? You can still request your free kit and go through the materials at your own pace.

BRUNCH BOXES AT THE CENTER IN OAK HARBOR

Brunch Boxes are still available the second Thursday of March and April. The cost is \$15 per box for center members and \$20 for non-members. We ask you to please pre-order your brunch box by the Friday prior. Brunch boxes will contain an assortment of commercially prepared items handpicked by Liz and Carly.

Delivery is available within City of Oak Harbor limits for a \$5 delivery fee per box.

Pick-up time is 9:30-11 a.m. Call 360-279-4580 to order your brunch boxes!

ST. PATRICK'S DAY LUNCH



Wednesday, March 17
10:30 a.m. - noon

\$15 for center members
\$20 for non-members

Event Sponsor: Village Concepts of Oak Harbor – Harbor Tower Village

Wear some green and celebrate like the Irish this St. Patrick's Day as we serve up a to-go classic lunch including corned beef, cabbage, potatoes, and Irish soda bread. Please sign up by Friday, March 5 to reserve your spot as there is limited quantity available.

The Center would like to extend a thank you to Harbor Tower Village for sponsoring the St. Patrick's Day Lunch. Harbor Tower Village is a retirement community located on Whidbey Avenue that offers beautiful common areas, apartment style rooms, and opportunities for community involvement, learning events, and cultural outings.

FREE BOOK TABLE

Every Tuesday and Thursday, from 10 a.m. - 2 p.m., there is a table outside the front door of The Center with free books, magazines and puzzles. Please feel free to take as many as you would like, and feel free to leave a few when you are finished with them. The book table will continue through the winter but may not be out on days of inclement weather.

THE CENTER IS NOW A RENEW ACTIVE SITE



The Center is excited to announce that in partnership with UnitedHealthcare we are now a Renew Active site which means with most UnitedHealthcare Medicare plans, you can participate in our group exercise classes including EnhanceFitness and Yoga at no cost. If you think you are eligible, please contact Carly Larson at clarson@oakharbor.org or 360-279-4583 for more information.

VIRTUAL ENHANCE FITNESS AND YOGA CLASS

Virtual EnhanceFitness is offered Mondays, Wednesdays and Fridays from 9:45 to 10:45 a.m. Virtual Yoga with Maria is offered Tuesdays and Thursdays from 8:30 to 9:30 a.m. The cost is \$25 month for members and \$30 for non-members or the drop-in rate is for \$5 members/\$7 for non-members per class. Silver & Fit and some Kaiser and United Health Care insurance plans will reimburse the cost. Please inquire with Carly Larson, 360-279-4583, if you believe you have an eligible insurance plan. To sign up for either EnhanceFitness or Yoga, please call us at 360-279-4580. We can take payment over the phone, by mail, or arrange a drop off time. Once you have enrolled in the class and signed the waiver, we will email you the login information.

EnhanceFitness

Mondays, Wednesdays and Fridays 9:45 a.m.
Instructor: Bernice Manglona-Charlton

Yoga

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Instructor: Maria McGee

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