



## Hope of Spring

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

May is a favorite time of year! The flowers and trees are starting to show color, the days are noticeably getting longer and the hope of more light and sun is here. The United Kingdom celebrated May as National Smile Month. If you are a dairy farmer, you may think of it as “month of the three milkings” referring to a time of year when the cows can be milked three times a day. If you are a car racing fan you are getting excited for the Indianapolis 500, or if your more into horse racing, the Kentucky Derby is right around the corner. There are many things to start to look forward to.

For us here at The Center it means we will be putting our patio tables and chairs out soon for folks to sit and visit and it means we are that much closer to getting to re-introduce some in person programs

While moving to phase three in the Washington Safe Reopening plan is a great step in the direction of safely hosting in-person programs at The Center it is not the ultimate green light. We are committed to following the guidance from the CDC as well as our state and county health departments as they continue to monitor COVID-19 rates in our community. The guidance coming from our Island County Public Health Department is that it would be best for us to hold off on offering in-person programming for our high-risk population (older adults) until a higher percent of the popula-

**HOPE** continued on page 8

## A New Way to Connect

By Robin Bush  
Outreach and Community Education Director

The Island Senior Resources website has a new look with easy access to information about our programs, how to reach us for assistance, information about resources and classes offered by ISR and our partner organizations, and easy access to donate to support the essential work of ISR throughout the county.

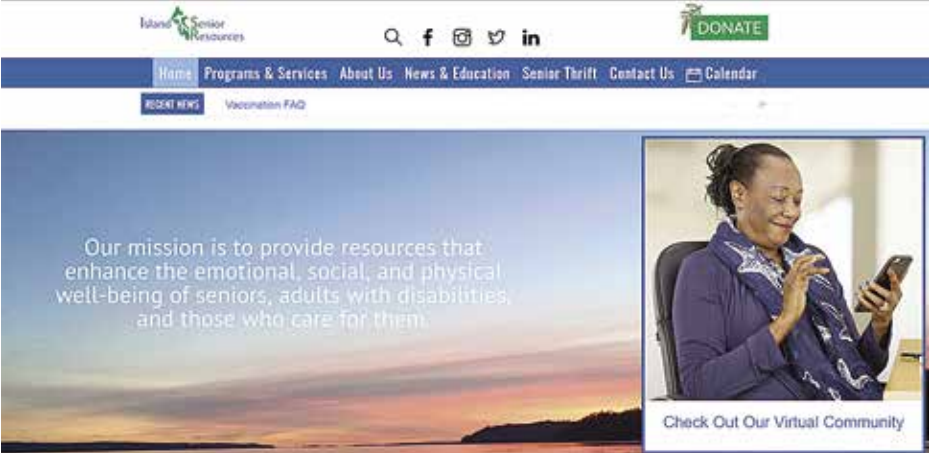
It also offers you the opportunity to engage with others in our virtual community. There you can find great classes, events, and support groups you can participate in. Connect with others. You are not alone. We are here to help you remain informed, involved, engaged, and active. You can be part of the virtual community using a computer, phone, or tablet and make new friends, both from around the county or as close as your neighbor down the street. When you go to our website at [www.senior-resources.org](http://www.senior-resources.org) and click on Virtual Community, you will find easy instructions and enter a world of opportunities created for you by our ISR team. We will be adding new resources and opportunities to expand our virtual community each month as our staff works to find the best resources for you, so keep checking back.

We are a place for everyone in our community. Everyone is welcome. ISR is your place, and your neighbors’ place, to share and be appreciated whether you need



support and resources, want to connect with others, or want to lend a hand to others.

We know a virtual community is not the same as being together as we used to be. After all, we are used to seeing people in person and laughing and learning with others. Still, for those who found it hard to get to locations where activities were held, in non-COVID times, due to transportation challenges, mobility, caregiver availability, and more, this is your answer. You’ll also find more resources than we could offer in person, so keep tuned and watch us grow this year.



### DID YOU KNOW?

By age 75, about 1 in 3 men and 1 in 2 women don't get ANY physical activity.



### The Center in Oak Harbor offers Virtual EnhanceFitness and Yoga classes Monday through Friday

see page 8 for more information

### DO YOU NEED BUSINESS CARDS? YEP WE CAN DO THAT!



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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

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

OUR LOCATIONS

Our physical locations are currently closed but we are here to assist you by phone or email.

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

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

- June Nailon: President
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Executive Director: Cheryn Weiser

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

FROM THE EXECUTIVE DIRECTOR

With an Abundance of Caution

By Cheryn Weiser, Executive Director, Island Senior Resources

Island Senior Resources (ISR) is receiving inquiries about when our Island communities can expect community meal sites to reopen. Although we are filled with hope about an end to the pandemic, the rollout of vaccines, and a return to a more normal life, we have a long way to go to provide everyone vaccine access and reach herd immunity (approximately 80 percent of the population). Additionally, case rates are rising across Washington and the nation as a whole, with the B.117 variant becoming the predominant and more virulent strain of the coronavirus.

As of this writing, COVID case counts are on the rise across the United States. Across Washington State, we saw a 41 percent increase in active COVID cases between March 25 and April 7. We anticipate opening our community meal programs when we reach Phase 4 of the Washington Safe Start Plan. We are

now in Phase 3, with the possibility of having to return to Phase 2 based on the increase in COVID cases. We do not know when we will reach Phase 4, or what guidance will be included in this phase.

We remain committed to following the CDC's guidance and the Washington State and Island County Health Departments as they continue to monitor infection rates, hospitalization rates, new variants, and other measurable factors. We are working closely with our peer programs regionally, including Island, San Juan, Skagit, and Whatcom counties, and Northwest Regional Council (a primary funding source for community meal programs) to share best practices and determine the right time and conditions to reopen.

We see the light at the end of the tunnel, and we will share our "safe start plans" as they develop. We appreciate your patience, value your feedback, and want to hear how we can all support each other as we rally to beat this virus.



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DATE	DAY	ITEM	SPECIAL
May 1	Saturday	Jewelry Sale	25% off
May 2	Sunday	Home School Providers	10% off entire order
May 8	Saturday	Vases	15% off
May 9	Sunday	Mother's Day	Your choice of one item 25% off
May 15	Saturday	Framed Art & Frames	15% off
May 16	Sunday	Knick Knacks	15% off
May 22	Saturday	CDs and DVDs	15% off
May 23	Sunday	Pillows	15% off
May 29	Saturday	Furniture Sale	15% off
May 29 & 30	Saturday & Sunday	Blue Tagged Clothing	\$1.00
Please consider donating a \$1 or more with your purchase to help support our programs.			

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 three days prior to reaching the sales floor.

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# Watch Out for Scams

Tony Leahy, CENTS Executive Director  
www.SeniorMoneyProject.org

The Federal Trade Commission has reported a surge in scams that start on social media platforms like Facebook. Think of all the ads you see on social media sites offering jobs or a good deal on something to buy. These things can all be faked. Anyone can create a Facebook ad, and it's easy to make it look like it's a reputable source.

Watch for scams that have "too good to be true" deals, and be wary of unfamiliar sites. You can check their ratings and reviews, but even those can be faked. If you pay with a credit card for something that turns out to be a scam, contact your credit card company to dispute the charges, then ask for a replacement card with a new number.

Scammers may threaten to cut off heat or other utility services in a phone call or text but remember that Caller ID numbers can be faked. If you're not sure if it's legitimate, gather information and contact the utility or company involved directly through contact information you know is correct. Don't rely on the contact information the scammer provides!

To help stop a scam, report it at the ReportFraud.ftc.gov website. If you are scammed, contact your local police department and whatever financial institution that was used in the scam.

# Strategies for Well-being: Part 8

## Moving Forward

By Betsy Griffith, LMHC, Island County Human Services

Over the past six months, this series of articles has journeyed through strategies to support well-being and behavioral health in a time filled with stressors. We have explored building resilience, accessing behavioral health services, building mindfulness practices, monitoring our media intake, and understanding the collective grief of the past year.

As I write this, it is a sunny Whidbey day. More and more people are receiving vaccinations. We are getting the ok to gather grandchildren with vaccinated grandparents. Restaurants are offering more dining options. We seem to be moving back toward normalcy. Eventually, the day will come when we are past the health risks, masks won't be required, and we can resume gatherings and celebrations. We will be hugging more.

However, there is a good chance that we will carry some struggles with us into our new normal. The events of 2020 are a collective trauma. From those impacted by the loss of loved ones to those economically impacted, to those affected by bearing witness to the stressors of safely navigating a pandemic, nearly everyone will feel some impact from the past year. Rates of depression and anxiety are higher than in previous years, legal substance use has increased, and essential employees are experiencing burnout like never before.

We have explored some ideas for self-care in past articles, but if you take one

message from all of them, please let it be this: Keep prioritizing well-being. Find strategies to build your resilience and schedule time for those things. Make small everyday commitments like deep breathing and five minutes or more outside. Make plans with people you missed this year; revel in the planning, the doing, and the remembering. Prioritize talking to people, whether loved ones or professional support.

A tricky thing about the hard days is it can be challenging to focus on those priorities when we need them most. So, if you take a second thing from our series, it is: Make a cheat sheet. Put it where you will see it regularly throughout the day. Include what supports you need when you are feeling sad, mad, lonely, or worried. Include who helps you and how. List as many skills and activities as you can that you can use to feel better. Behavioral health professionals often use strategies like this and call them crisis plans. Everyone should have one. Include a crisis number where you can call and talk 24/7, like the VOA crisis call line 1-800-584-3578.

As I end my series, I will invite you to seek support from Island County Human Services. We can help in brief behavioral health support, referrals to services, and connection to a wide range of basic needs support. Call our helpline Monday- Friday, 8-4:30 at 360-678-2346, or complete a referral link from our website at [www.islandcountywa.gov/Humanservices](http://www.islandcountywa.gov/Humanservices). We are here to help.



## Sno-Isle Libraries Resume In-person Service

By Sno Isle Libraries

Five of six Island County community libraries are open for limited in-person services and "grab-n-go" browsing.

"Our goal is to serve our customers as best we can under the evolving state health guidelines," Sno-Isle Libraries spokesperson Kurt Batdorf said. "We remain committed to the safety of our customers and employees."

In-person services vary by location, based on the ability of each building to provide a safe social distance between customers. Where in-person services are permitted, the number of customers allowed inside each library is currently limited to 25 percent of building or room capacity. Customers can browse the shelves for books and video discs for up to 30 minutes at a time and can check out items using a self-serve kiosk or with staff, depending on each library's layout.

Customers have expressed excitement and happiness when they discover their community library is ready to serve them again after a full year of closure. Library staff and managers are glad to see customers face-to-face again, with safe social distancing and face coverings.

Customers will notice most sitting areas have been removed to encourage customers to move through the library within 30 minutes so that other customers can browse library materials, too.

The Freeland Library was the first Sno-Isle Libraries community library to reopen on February 10, offering a limited selection of "grab-n-go" books and videos in the library's meeting room with a self-serve checkout kiosk. A phone in the meeting room rings directly to librarians in the main building if a customer needs help or wants to pick up holds while browsing the shelves.

The Camano Island Library reopened on February 16. Customers have full access to the library's collection and can pick up their holds inside, although the meeting room remains closed for now.

The Coupeville Library reopened on February 22 with full access to all materials on the shelves. Customers can pick up their holds in the meeting room with self-serve checkout or use contact-free delivery.

The Langley Library reopened on March 15 with full access to the shelves for browsing. Customers can pick up their holds at the window on the ramp along the front of the library, or inside where part of the children's area has been converted for customer holds.

The Oak Harbor Library reopened on March 22 with full access to its collection. Customers can pick up holds inside the library or continue with contact-free delivery in front of the library. Public computers won't be available, but customers can use remote printing or send faxes and make copies.

The Clinton Library will continue to focus on contact-free services while coronavirus safety precautions remain in effect.

The Coupeville and Langley Libraries offer a limited number of public computers and printing available for use within the 30-minute customer time limit.

High-risk customers can use the Camano Island, Freeland, and Oak Harbor Libraries from 10-11 a.m. Tuesdays and Thursdays, and the Coupeville and Langley Libraries from 10-11 a.m. Mondays and Wednesdays.

Sno-Isle Libraries customers can continue to use remote printing and request holds, including laptops and Wi-Fi hotspots, for pick up at any of the 23 community libraries of their choice.

All openings and closures remain subject to changing COVID-19 health and safety guidelines.

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ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

## End of Life Ready: Advance Directives Free Class

Tuesday, June 8 • 1-2 pm

This introductory presentation by End of Life Washington will provide an overview of your end-of-life choices and options. We will introduce the End of Life Washington Advance Directives (a combined Durable Power of Attorney for Health Care and Health Care Directive). Filling out Advance Directives for Health Care is important for making your choices and values known in the event you are unable to speak for yourself or make healthcare decisions.

This presentation will provide you with tools and resources to complete your own Advance Directives for Health Care and a better understanding of the importance of these documents.

End of Life Washington is a statewide non-profit organization that supports people preparing for their final days. They advocate for the right to a peaceful death.

For more information or to register, please call 360-321-1600 ext. 0 or email: [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).

## 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.

May 18  
1:30 p.m.

July 20  
1:30 p.m.

Sept. 21  
1:30 p.m.

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



## 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 (State-wide 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](http://www.senior-resources.org/shiba) and can click on the link for each date/time. Pre-registration is required.




GETTING READY FOR MEDICARE:

Tuesday, May 4, 1 p.m.

Tuesday, May 18, 1 p.m.

Tuesday, June 1, 1 p.m.

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



## MAY

\$6 Suggested donation for meals

WEEK 1		
Mon	3	Ham and Scalloped Potato Bake
Wed	5	Beef & Bacon w/Blue Cheese Sandwich
Fri	7	Chicken Taco Salad
WEEK 2		
Mon	10	Turkey, Ham, & Cheese Wrap
Wed	12	Asian Chicken Salad
Fri	14	Focaccia Meat Lovers Pizza
WEEK 3		
Mon	17	Chicken Pesto Pasta w/Peppers & Cheese
Wed	19	Southwest Salad w/Ground Beef
Fri	21	Italian Chicken Pie w/Cheese
WEEK 4		
Mon	24	Penne w/Salmon & Lemon Cream Sauce
Wed	26	BLT Salad w/Chicken
Fri	28	Cheeseburger Slider w/Tomato & Lettuce
WEEK 5		
Mon	31	HOLIDAY- No Meal Service

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Thursdays, June 3 – July 8 • 2 - 4 p.m. OR  
Thursdays, Sept. 17 – Oct. 22 • 10 a.m. - noon

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](http://www.senior-resources.org/calendar) and click on March 18 to register. For more information contact Finn Lambourn [reception@island-seniorservices.org](mailto:reception@island-seniorservices.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/](http://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.

May is National High Blood Pressure Education Month

Debbie Metz, Island Senior Resources Nutrition Director

Awareness and knowledge about our health give us tools for disease prevention and can also give us the information we need to control or manage our conditions better. Becoming aware of strategies to reduce high blood pressure is vital because we can use these strategies to decrease our risk for heart disease and stroke. High blood pressure is very common in adulthood and many of us do not have it under control—some of us may not even know we have it!

High blood pressure usually has no symptoms, so the only way to know if you have it is to get your blood pressure measured. Talk with your health care team about how you can manage your blood pressure and lower your risk.

One way to help manage your blood pressure is to make healthy nutrition choices. The DASH diet is one way to help keep your blood pressure under control. DASH stands for Dietary Approaches to Stop Hypertension (another word for high blood pressure). If you have high blood pressure, this plan is designed to help you lower it and protect your heart. The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that have been shown to lower blood pressure, such as potassium, calcium, and magnesium.

Here are some ways to reduce sodium while choosing foods under the DASH Meal Plan.

DASH EATING PLAN

Tips To Reduce Salt and Sodium

HEALTHY EATING, PROVEN RESULTS

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

**Eat your veggies.**  
Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

**Fresh is best.**  
Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

**Go "low or no."**  
Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

**Pay attention to preparation.**  
Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

**Subtract, don't add.**  
Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

**Limit salty processed foods.**  
Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

**Spice it up.**  
Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

**EASY TIPS FOR DINING OUT**

**Move the salt shaker away.**  
This simple first step could become second nature.

**Research the restaurant's menu before going out.**  
Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.


**Make special requests.**  
Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

**Easy does it on the condiments.**  
A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

**Go for healthy appetizers and side dishes.**  
Choose fruit or vegetables instead of salty snacks, chips, or fries.

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).

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1

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## Support Groups Meet Online

### TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

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

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.

### PARKINSON’S SUPPORT GROUP

**Tuesdays, 10 – 11:30 a.m.**

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.

### ALZHEIMER’S AND DEMENTIA CAREGIVERS SUPPORT GROUP

**Wednesdays, 10 – 11:30 a.m.**

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.

### GRIEF SUPPORT GROUP

**1st and 3rd Wednesday of the month, 1 p.m.**

This online Zoom group is for people experiencing grief and loss. This is a safe place to discuss challenges, share



experiences and move towards a place of healing.

### 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 you are interested please call 360-678-8293 or fill out the form by clicking here.

Please call 360-321-1600 or email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org) for information on attending ISR support groups.

### My Shining Light

By Susan Melman

*He is my shining light  
a bit dimmer  
forgetful  
slow, slow, slow  
a shuffle to his gait*

*His outgoing manner was fun  
as he talked of stories  
of faraway places  
now just a distant memory  
of a different time*

*He won’t lose his  
shining essence  
to me*

*He is my shining light.*

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Mother’s Day. Each number corresponds to a letter. (Hint: 12 = E)

**Strong emotion    2   11   16   12**

**Female parent    9   11   5   17   12   13**

**Presents    15   24   26   5   23**

**Beyond ordinary    23   3   12   18   24   21   2**

Answers: A. love B. mother C. gifts D. special

### Guess Who?

**I am a singer born in Georgia May 28, 1944. I won a small TV contest as a child, giving my family the confidence to start a music group. I have had many hits through my long career, and won a Grammy in 1986.**

Answer: Gladys Knight



FROM KALISPELL TO COUPEVILLE

Member Spotlight: Muriel Burlington

While visiting the San Juan Islands for the first time in 2012 from her hometown of Kalispell, Montana Muriel Burlington had a strong impression that this would not be the last time. She knew she would be back, but she did not know when or why.

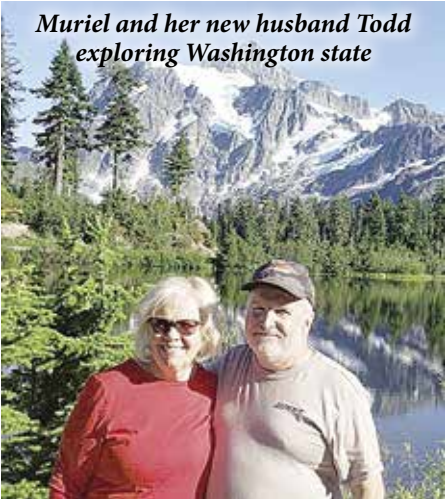
It wasn't until 6 years later in 2018 that she returned to the area, and for a reason she could not have seen coming. Muriel had started her adventure in online dating, and with great success, she met and married the love of her life, Todd Burlington. The catch, Todd lived in Coupeville over 550 miles from

her longtime home in Kalispell. Todd's 25 years on Whidbey Island wouldn't end yet as he still had a few more years left as an Island County assessor before retirement. So, Muriel took a giant leap of faith and agreed to move to Whidbey Island for a few years knowing after Todd's retirement they would return to her beautiful Kalispell home of 40 years sitting on 3 acres of wild Montana land.

When Muriel first arrived on the island, she did not know anyone but her new husband. She got involved at church and enjoyed that, but she was retired, Todd was working, and she wanted something purposeful to do with her time. "I was at a loss and I felt like I was going to go crazy if I didn't do something," said Muriel. Perfectly enough, she met Liz Lange, administrator of The Center, who invited her to volunteer at The Center. At first, Muriel was both a little reluctant to volunteer but also a bit excited because she didn't have any other friend groups or organizations other than the church. Muriel jumped right in and excelled at being a front desk volunteer where her many years of retail work played right into answering the phones, handling money, writing receipts, signing people up for trips, and keeping up with the fast-paced work at the front desk with great finesse.

Before moving to Washington Muriel, being the adventurous person she is, made a "bucket list" of things and places she wanted to do and visit while she lived in Washington. This helped her feel more comfortable with the move as she had never lived outside of Kalispell other than 2 years in college. Together her and Todd completed those bucket list items as well as added to them and explored the varying beauty of Washington state. They visited Friday Harbor, Port Townsend, the Olympic Game Farm, Hood Canal, Leavenworth, Winthrop, a kangaroo farm, Mount Baker, and many other places as well as going to the Dungeness Crab Festival in Sequim, driving through the Cascade Loop, and touring the USS Turner Joy retired ship, and so much more.

After three years on Whidbey, Todd is ready to retire, and they are making plans to relocate to Montana for their next stage of life adventures. This will include time and space for Todd to return to his talent of chainsaw carving and art. "With all our space he can be out there at 6:00 AM carving with the chainsaw if he would like!" Muriel mused. They also have plans to convert the garage into an art studio for him and a lapidary space for her to continue her newfound island inspired hobby.



Muriel stopped by recently to say goodbye. While chatting Muriel said about her time at The Center, "It was my lifesaver, and I was so homesick and had no inner circle or friends and then I started at The Center and found my niche." Through her volunteering at The Center she made friends, had new experiences and even joined the Whidbey Island Gem Club and learned how to wire wrap.

In just a short time, Muriel made Whidbey Island her home and found connection and purpose here. While Muriel had started her time here counting down the days until they could retire and return to Kalispell, she is now leaving with mixed emotions because this strange place where she once didn't know anyone has now become her home filled with friendships and connections. Although she is excited to get back to her home in Montana and has great plans for Todd and herself, she is going to miss her friends, volunteering at The Center, the water and beaches, and all Whidbey Island has to offer. Once they get settled back in Kalispell the first thing Muriel plans to do is check into the senior services offered there!

Muriel and Todd, our community is better for your years of service here on Whidbey. We wish you all the best on your next adventure together, know that Whidbey Island will always hold a place for you.



The Center in Oak Harbor

51 SE Jerome St.,  
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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](mailto:clarson@oakharbor.org)

Whidbey Island Genealogical Searchers (WIGS)

Tuesday, May 18  
1 p.m. on Zoom  
(sign in 10 mins. early)

presents Claudia Breland – "I've Done the DNA Test - Now What Do I Do?"

DNA testing has become affordable for millions of people and is now an essential tool for anyone tracing their family history. Learn how to interpret your ethnicity results, sort your DNA cousins into "networks", contact relatives, and download your raw data to transfer to other databases. Case studies will illustrate brick-wall breakthroughs, including unknown parents.



All are invited to join us. Non-WIGS members wishing to attend should send an email to [whidbeygenssearchers.org](mailto:whidbeygenssearchers.org) no later than May 16.



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SUPPORT continued from page 1

tion on island have had the opportunity to receive the vaccine. At the time of writing this, about 23% of Island County has received at least one dose of the vaccine, which is a promising start. We are hopeful that this will not be too much longer, as more locations on Island have been receiving greater amounts of vaccine doses for distribution, however, we do not have an estimated opening date.

Please know that we are working hard behind the scenes to prepare every needful thing to be ready to re-start programs as soon as we are able. We know the importance of these programs to the health and wellness of your life and want to get you back to The Center as soon as we can. Part of our preparation to start in person programs is training our front desk staff on new policies, procedures, and software. It has been so wonderful to have volunteers coming back in the office.

We have also been working to help those who are having a difficult time navigating online vaccine appointment sign ups, in fact Carly and I have answered over 350 calls for vaccine assistance.

We truly appreciate your support during this unusual and difficult time. Please know we are here for you, and please reach out to us if there is anything, we can do to assist you. Meanwhile, share with us what you enjoy about the month of May!

*“And a bird overhead sang Follow,  
And a bird to the right sang Here;  
And the arch of the leaves was hollow,  
And the meaning of May was clear.”*

~Algernon Charles Swinburne



Carly and volunteer Joy, sitting outside in the sun talking about possible event ideas

# CLASSES and EVENTS

## at The Center in Oak Harbor



### 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 spring but may not be out on days of inclement weather.



### THE CENTER IS NOW A RENEW ACTIVE SITE

The Center is excited to announce, 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 EnhanceFit-

ness and Yoga at no cost. If you think you are eligible, please contact Carly Larson at [clarson@oakharbor.org](mailto: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

**Tuesdays and Thursdays • 8:30 a.m.**

Instructor: Maria McGee

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