

Island Times

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

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

Volume 5 • Issue 2

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How We Help You Oak Harbor

By Robin Bush, Island Senior Resources Community Education Director

For many years, Island Senior Resources has often been mis-perceived as a south Whidbey organization when in fact, the organization has served all of Island County for 47 years, serving Oak Harbor, in partnership with the city of Oak Harbor and The Center in Oak Harbor. *Island Times* is a product of our collaboration.

Our offices are based in The Center in Oak Harbor building, however, the building is currently open on a limited access basis. We are here to help you via email or phone no matter where you live on the island. Reach out to us at 360-321-1600 or 360-678-3373, contact us via our help request online at www.senior-resources.org, or email reception@islandseniorservices.org. You may reach out to us with a question, only to discover many other resources we have can help you through short or long-term challenges or prepare you to live your best life, long into the future.

Did you know ISR manages Meals on Wheels for all of Whidbey Island? We prepared and served 84,027 meals in Island County last year, safely, during COVID with 35 percent of those meals served in Oak Harbor. Our community meal site at the Center in Oak Harbor is currently closed as we follow Island County Public Health COVID safety guidelines.

Did you know ISR provides transportation to and from medical appointments for anyone on Whidbey Island, traveling to appointments as far north as Bellingham or as far south as Seattle? Sixty to seventy percent of requests come from Oak Harbor residents. Last year our volunteer drivers drove 117,728 miles and made 1,746 trips. We need volunteers in Oak Harbor to become drivers (mileage and ferry costs are reimbursed). Please reach out to us if you can help! We need you and your neighbors need you to help get them to the care they need.

Did you know ISR has Aging & Disability staff ready to help by phone and email to answer questions about all aspects of aging or disability support? In March 2021 ADR staff responded to 721 calls or emails. We have classes in Powerful Tools for Caregivers, End of Life, and more. We also offer support groups for Alzheimer's and Dementia

OAK HARBOR continued on page 8

The Center Returns To In-Person Programming

By Liz Lange

Administrator of Senior Services, City of Oak Harbor

The Center in Oak Harbor exists to empower older adults in our community for personal independence, healthy aging, social connection, and life-long learning. In-person programming serves a vital role in achieving these positive outcomes.

While the COVID-19 pandemic has closed The Center for in-person programming for the last year, Island County is now in phase three of the governors' Healthy Washington Roadmap to Recovery Plan, over 50 percent of Island County's eligible population has received at least one dose of the vaccine, and 35 percent of the population is fully vaccinated. The majority of The Center's members are older adults who first qualified for, and received, the vaccination and make up the majority of those who have received the vaccination.

Based on the above information, we are excited to share we have received approval to allow limited in-person programming beginning Monday, June 1, 2021. All current CDC, state, and local COVID-19 guidelines will be adhered to including, but not limited to, social distancing, masking, occupancy limits, and contact tracing methods. The ability to participate virtually will still be an option for programs currently being offered virtually.

While not all programs are returning at this time, we will continue to add programs as the CDC, state and local guidelines allow. The programs that are returning are based on ones we can safely hold following current guidelines allowing for proper social distancing and group and capacity sizes determined by our room sizes as well as availability of our program instructors. It will take time for us to rebuild our programs to the capacity they were before the shutdown,

We are **OPEN!**

please know Carly and I are dedicated to doing so. These programs have been chosen as they are considered low risk and are included in allowed activities under current guidelines, and we have confirmation from program leads they are available to return.

Each program will be capped at 10 participants, apart from billiards which will be capped at 6 due to the size of room. No evening or weekend programs are currently available.

The Whidbey Island Rock and Gem Club (lapidary) will follow the same guidelines and operate in their own, separate building.

Other programs will be added as program leads are identified and space is available, following these guidelines. As phases and guidelines change, we will adjust to meet them. This also means if the state mandates a return to Phase 2, we will halt in-person programs. If the program or group activity you are interested in is not on the list to return now, please have patience and know we are doing all we can to bring back programming as we are able. We are not ready to offer our travel program at this time but look forward to in the future.

PARTICIPATION PROCESS

Participation in all programs will require membership at The Center and prior reservations. Individuals can register for their program by calling The Center at 360-279-4580 or online at oakharbor.org/sr-svcs.

OPEN continued on page 3

DID YOU KNOW?

The one thing about grief is it's unpredictable and most people benefit from some kind of support



Island Senior Resources has a new grief support group that meets the first and third Wednesday of each month.

see page 8 for more information

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We Get By With A Little Help From Our Friends

By **Carly Larson**
Program Coordinator, City of Oak Harbor Senior Services

Why is it that sometimes it is just so hard to ask for help? What makes saying such a simple, short, four lettered word like "help" so hard to roll off the tongue? Life experience has shown me that it is often stubbornness, lack of control, embarrassment, and even fear. Personally, stubbornness and feeling a lack of self-reliance prevents me from asking for help even when I need it the most. Even when I was a child, I despised the word help and I wanted to do everything independently. I was barely at walking age, but I was determined I could put on my own shoes and tie them without an

ounce of help. The reality was, however, that my dexterity was not capable of such a task. At that moment, only a short 18 months into my life, my mom knew the next many years were going to be a challenge for both them as my parents, and me. When we do not advocate for ourselves, which often includes asking others for help, our lives become much more difficult.

Although I do not like to ask for help, I have a strong desire to help those around me. I love serving my community in various ways. I always enjoy helping family members when they need an extra hand. I find satisfaction when I can help a friend by giving them a ride or make them a meal. One of my favorite things to do in my free time is to make sack lunches and hand them out to the homeless. I feel so happy and purposeful when I can help, but what I do not understand is why I feel so defeated when I let others help me. Why is it that as humans we are so ingrained to serve others, yet we have such a difficult time asking for help? Remembering how good I feel when someone allows me the opportunity to serve them allows me to give others the chance to serve me.

I believe that by first identifying the reasons that we are reluctant to ask for help, as I briefly mentioned before, we can become aware and work through it. So, what is it for you? Pride, a fear of feeling defeated, a lack of control, embarrassment, being perceived as "needy", fear of refusal, or just not knowing what to ask for?

Did any of these resonate with you? I am sure each one of us could answer yes to at least a few of these barriers of seeking assistance. Once you identify that these feelings are causing you to be reluctant to ask for help, try this.

Make a list of what your needs are. Maybe it is transportation to an appointment, mopping the floors every few weeks, or preparing nutritious meals.

Learn what resources are available. Asking for assistance is easier when you know there are programs and people whose purpose is to help you with your specific needs. This is their job, and they are happy to do it.

Accept the extra hand when offered. If someone is offering to help with something you need, just say yes. They want to do it, so allow them the opportunity to feel good by serving someone they love.

Speak up. Sometimes it is the simplest thing that is the hardest to do, but we just have to take a deep breath and do it. Learn it is okay to ask for help. Its okay to tell your doctor you still have symptoms, to ask your neighbor to pick you up some groceries while they are out, to call us at The Center and let us connect you to people who can help you be healthy, happy, and live your best life.

There are many agencies and people on Island who are just waiting to serve you! Identify a need and call them today to get the help you need and deserve. Remember, as Ringo Starr reminds us, I get by with a little help from my friends.

For more information about the following please contact The Center at 360-279-4580:

- Recreation and Travel Opportunities
- Assistive Equipment Loans
- Passport Services
- Exercise and Fall Prevention
- Volunteer Opportunities

For assistance with the following services contact Island Senior Resources 360-321-1600:

- Aging and Disability Resource Specialist
- Assistive Equipment Loans
- Medical Transportation
- Meals on Wheels
- Medicare/Medicaid and Insurance Assistance
- Private In Home Provider, Handyman, and Yardwork List

For assistance with on-island transportation and paratransit, contact Island Transit at 360-678-7771.

For information with the following assistance programs contact Opportunity Council at 360-679-6577:

- Rent Payment
- Heat and Energy Bills
- Food and Nutrition

The Center in Oak Harbor

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Passport services & 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 Larson • 360-279-4583

Program Coordinator

Send comments and suggestions to clarson@oakharbor.org

Island Senior Resources

opportunity council

THE CENTER
In Oak Harbor
Activities & Resources For 50+

Island Transit

Whidbey Island Genealogical Searchers (WIGS)

Tuesday, June 15

1 p.m. on Zoom

(sign in 10 mins. early)

presents **Elizabeth Gomoll** –

“Unlocking Notation Codes on Alien Passenger Lists”

Learn the meanings of number and letter codes on immigrant passenger lists.



All are invited to join us. Non-WIGS members wishing to attend should send an email to whidbeygensearchers.org no later than May 16.

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The Center in Oak Harbor, 360-279-4580

CLASSES and EVENTS at The Center in Oak Harbor



PICNIC IN THE PARK

The summer, in lieu of Brunch Boxes, we will be offering picnic boxes that will include an ample assortment of commercially prepared items curated by Liz and Carly. Pick up your picnic at Windjammer park and take it to go, or stay and enjoy it with friends and The Center staff. If you order all three boxes before the June 23 picnic, you get a discounted rate of \$40 for members/\$55 for non-members. To order your picnic, please call The Center at 360-279-4580.

FREE BOOK TABLE

Our summer book table schedule will now be Monday – Friday, 9 a.m. – 4 p.m. To abide by government guidelines, we will need to limit the number of people in the building at a time so the table will continue to be accessible outside. Please feel free to take as many as you would like, and feel free to leave a few when you are finished with them.

ENHANCEFITNESS & YOGA CLASS NOW IN-PERSON & VIRTUALLY

EnhanceFitness

Mondays, Wednesdays and Fridays
9:45 - 10:45 a.m.

Yoga

Tuesdays and Thursdays
8:30 - 9:30 a.m.

The choice is yours – EnhanceFitness and Yoga classes will continue to be available on the virtual platform as well as in-person beginning June 1. 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 and Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost, see the below table for which classes are covered. To sign up for either EnhanceFitness or Yoga, please call us at 360-279-4580.

THE CENTER EXERCISE CLASSES & INSURANCE REIMBURSEMENT

	EnhanceFitness	Yoga	Yoga & Fit
EnhanceFitness (1-3pm)	✓	✓	✓
EnhanceFitness (9-11am)	✓	✓	
Yoga	✓		✓
Yoga & Fit	✓		

Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost of EnhanceFitness and Yoga. Please inquire with Carly Lunden. All 2021 add'l to your balance you have an eligible insurance plan.

VOLUNTEERS continued from page 1

Individuals must arrive during their program check-in window, through the main entrance, scan in and continue to their designated meeting space. Once their allotted program time is complete, they will exit through the designated exits nearest their program space.

There will be signage indicating the entrance and exit doors with a reminder to wear a mask, sanitize and maintain appropriate social distancing.

If you would like to participate in our in-person programming, please review the following policies and be prepared to happily adhere to them while onsite. If you are not comfortable with the below requirements for in person programs, please wait till a future phase to participate.

- Do not enter site if you have a fever >100° F or a subjective fever, or are feeling unwell, as self-monitored.
- Maintain a safe social distance.
- Participants will be required to always

wear a mask. (Current policy for city buildings)

- No food is to be brought in or consumed onsite.
- Sanitize hands upon entering and exiting the facility.
- Program areas must be sanitized at the beginning of every session and after every session.

We are so hopeful to see a return to programs at The Center, even as limited as they may be this is a great start. As we progress and the governor's plan to fully re-open the state comes to fruition, we will update our activities and policies for participation.

A huge THANK YOU to the many people who continued to support us through the closure with notes of encouragement, phone calls, renewed memberships, and donations. We are so grateful to be a part of this community and once again open our doors.

OPENING SCHEDULE (SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - Billiards	8:30 - Yoga	8:30 - Billiards	8:30 - Yoga	9 - Quilting
9:45 - EnhanceFitness	9:45 - Quilting	9:45 - EnhanceFitness	9 - Quilting	9:45 - EnhanceFitness
Noon - Ping Pong	1 - Knitting	Noon - Ping Pong		Noon - Produce pickup
1 - Art				
3 - Clogging				

National Donut Day
Friday, June 4
Drive by The Center between 9 - 10 AM to get a free donut sponsored by Chris' Bakery!

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Our therapists are trained to find the cause of your pain. Learn the tools that can **GET YOU BACK TO NORMAL.**

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Sno-Isle Libraries Brings Authors to Readers

By Sno-Isle Libraries

Sno-Isle Libraries is gathering favorite authors from the Pacific Northwest and around the world to meet its customers online.

"Open Book" is Sno-Isle Libraries new online author series, with monthly events through 2021," Sno-Isle Libraries Program Coordinator Anne Murphy said. Each month, Open Book alternates between an adult author and a youth or teen author whose events are suitable for families.

Sno-Isle Libraries created a team in November 2020 to start working on Open Book with a simple mission: "Let's do an authors' series in 2021 and think big!"

From that broad outline, Murphy and her teammates envisioned a monthly, online event with authors from a wide range of genres. The team tries to have one adult author and one youth or teen author do Open Book each month.

For guidance, team members looked at the successes of online author events Sno-Isle Libraries had in 2020 with Seattle crime mystery novelist J.A. Jance in September and famous Seattle Public Libraries librarian Nancy Pearl in November. The team built on those events to develop Open Book.

The Open Book team quickly started nominating a diverse group of their favorite authors for consideration. The list grew to 102 author nominees. While many live and work in the Puget Sound region, other authors have joined Open Book from as far away as Texas, Tennessee, and New York City. Some are established best-sellers. Some are up-and-coming authors.

In June, Open Book has scheduled Garth Stein and Matthew Southworth. Stein is a Seattle novelist, playwright, and filmmaker best known for "The Art of Racing in the Rain," his 2008 bestselling novel that became



a major motion picture in 2019. Southworth is an illustrator who lives in Everett whose "Stumptown" comic has been developed into an ABC-TV series. They're collaborating on "The Cloven," a graphic novel trilogy aimed at older teens and adults.

For younger readers, Open Book will talk with Donna Higuera, author of "Lupe Wong Won't Dance" for middle-grade readers. In 2020, the book won the Sid Fleischman Award and the Pacific Northwest Booksellers Award. The American Library Association gave it the Pura Belpre Honor Award and named it to its Best Books for Youth list.

Open Book author visits started in January with Terry Brooks, the prolific Seattle science-fiction and fantasy writer behind "The Sword of Shannara" trilogy, and children's author Aron Nels Steinke who writes and illustrates the award-winning children's book series "Mr. Wolf's Class." Subsequent events featured bestselling British crime mystery novelist Ann Cleeves and Port Townsend children's author Patrick Jennings in February; alternate history author Mary Robinette Kowal and young adult author Julie Murphy in March; travel author Anu Taranath, bestselling novelist Imbolo Mbue, and children's author Kazu Kibuishi in April; and children's author Christina Soontornvat and memoirist Tina Ontiveros in May.

The Open Book team continues to contact prospective guest authors and confirm arrangements for additional dates through the rest of 2021. Discover recommended reading, register for upcoming events, and read author previews as they become available at sno-isle.org/openbook.

GONE PHISHING?

Tony Leahy, CENTS Executive Director
www.SeniorMoneyProject.org

Phishing is a type of scam where a scammer sends an email, text message, or pop-up ad that appears legitimate on the surface but is not. Phishing tries to get you to provide your private information.

Phishing is a worldwide issue. Last year, the *Seattle Times* reported Microsoft customers were targeted in a phishing campaign that spanned over 60 countries and hit millions of users. Phishing scams don't just target Microsoft customers; they use all platforms. Here are some steps you can take to protect yourself:

- Beware of who sends you emails. If you think an email might be suspicious, hover over the "from" email address. Sometimes this will reveal the actual email address of the sender. If it is a suspicious email address, delete the email. Unfortunately, technology has evolved where this can now be hidden. If that is the case, then what?
- Delete emails and text messages that ask you to confirm or provide personal information (credit card and bank accounts, social security number, and/or passwords).
- If you're not sure whether the email is legitimate, find the official contact information of the company, agency, or organization and contact them directly, rather than responding to the email. Legitimate companies don't ask for sensitive information over email because standard email is not secure.
- Don't be fooled by logos or appearances.
- Delete any texts asking for your personal information and follow the same procedure; contact the organization or business directly.
- Don't act out of fear or mindlessly follow instructions. Scammers send phishing attempts disguised to look like they are from the government or a boss so that people will follow the instructions. A lot of phishing attempts will try to scare you into action. ("Your email account will be locked unless we verify your information.") Take time to assess whether it's legitimate and do not respond directly.
- Be extra cautious when opening links. Make sure they are from a legitimate source.
- Use trusted security software. Ask Microsoft, Apple, or a technology store to find one that works for you.

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ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

ONLINE POWERFUL TOOLS FOR CAREGIVERS CLASS

6 weeks, via Zoom

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 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

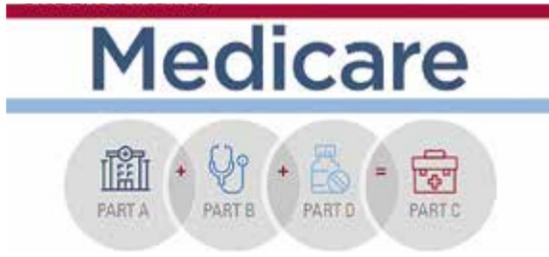


This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600

July 20, 1:30 p.m. • Sept. 21, 1:30 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 (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 and can click on the link for each date/time. Pre-registration is required.

GETTING READY FOR MEDICARE:		
Tuesday June 1, 1 p.m.	Tuesday Aug. 3, 1 p.m.	Tuesday Oct. 5, 1 p.m.
Tuesday July 13, 1 p.m.	Tuesday Sept. 7, 1 p.m.	Tuesday Nov. 2, 1 p.m.

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

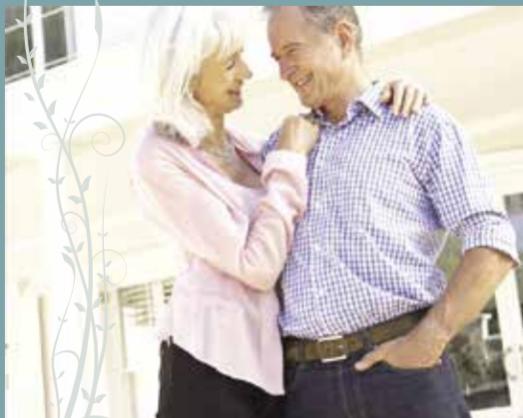


JUNE

\$6 Suggested donation for meals

WEEK 1		
Wed	2	Curried Chicken Salad on Greens
Fri	4	Roast Beef and Cheddar Wrap
WEEK 2		
Mon	7	Maple Dijon Ham & Cheese on Roll
Wed	9	Spinach Salad w/Pork & Nectarine
Fri	11	Crispy Chicken Tenders and Rice
WEEK 3		
Mon	14	Pulled Pork Slider
Wed	16	Chicken, Apple, Pear Salad
Fri	18	Frito Pie w/Ground Beef & Veggies
WEEK 4		
Mon	21	Chicken Ranch Wrap & Caesar Salad
Wed	23	Salad Trio & Salami Pasta
Fri	25	Beef Stew w/Veggies
WEEK 5		
Mon	28	Cheeseburger Slider w/Fixings
Wed	30	Greek Chicken Salad

Do you have a loved one with Dementia or Alzheimer's and need help?



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

FROM THE EXECUTIVE DIRECTOR

ISR Online Open House

By Cheryn Weiser, Executive Director, Island Senior Resources

Join us for the first ISR Online Open House! June 4, 1:00-2:30 pm on Zoom. The Zoom link is available on the ISR website at www.senior-resources.org/open-house and will be posted on the ISR Facebook at <https://www.facebook.com/islandseniors/>.

The ISR Open House format will be a virtual tour of ISR Programs and Services, providing a glimpse at how our centralized Intake Specialist works with island residents to assess their most urgent needs and route them to the resources under the ISR tent.

Staff and volunteers connected with each of ISR's programs and services will provide an overview of the service and eligibility. There will be plenty of time for questions following the tour. Collaborating organizations and interested members of our Island County communities are welcome to attend. We encourage participation from both Whidbey and Camano Islands.

At the beginning of the pandemic, ISR transformed its services to easy online and phone access. ISR has seen a dramatic increase in the demand for services during the pandemic. We continue to respond to the evolving circumstances associated with the pandemic, such as helping housebound seniors get vaccinated.

Island Senior Resources is the primary provider of services that began in 1973 with the start of the Older Americans Act. ISR provides programs such as Meals on Wheels and Information and Assistance, now known as Aging and Disability Resources, and medical transportation. ISR serves all of Island County supported by over 300 volunteers and 60 employees. ISR is a private nonprofit directed by a community-based Board of Directors.

You are invited to join us for the Island Senior Resources Online Open House June 4. See you there!

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

Donations accepted:
Thurs.-Sat., 10 a.m. - 3 p.m. • Sun, 11 a.m. - 3 p.m.

360-321-1600 • 360-678-3373

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

Every Friday: Books 25% off

Seniors 55+, Teachers & Retired and Active Military receive 10% EVERYDAY!

ALL MAY: Yellow tags, 25% off • Pink tags, 50% off

DATE	DAY	ITEM	SPECIAL
June 5	Saturday	Office Supplies	15% off
June 6	Sunday	Home School Providers	10% off entire order
June 12	Saturday	CDs and DVDs	15% off
June 13	Sunday	Hardware	15% off
June 19	Saturday	Sporting	15% off
June 20	Sunday	Happy Father's Day – Summer has arrived!	One item of your choice, 25% off
June 26	Saturday	Frames & Framed Art	15% off
June 27 & 28	Saturday & Sunday	Pink 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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2021 Senior Farmer's Market Produce Vouchers Are Here!

The Senior Farmer's Market Nutrition Program (SFMNP) is a "win-win" program, which benefits low-income seniors and our local farmers! Local farmers sell more produce and seniors, who otherwise could not afford it, are able to purchase fresh organic fruits and vegetables, which are excellent supplements to a healthy diet.

Each eligible senior will receive \$40 worth of vouchers to purchase fresh fruits and vegetables at participating farmers markets or farm stands. Eligible participants also have the option to pick up fresh produce at The Center in Oak Harbor instead of receiving vouchers.

WHO IS ELIGIBLE?

- Age 60+ for non-Native Americans
- Age 55+ for Native Americans
- Participant's income cannot exceed:
 - \$1,986/ month for 1 person
 - \$2,686/month for 2 people
 - For larger households, add \$700 per person

Oak Harbor residents, please note: The Oak Harbor Farmer's Market has closed permanently. Eligible seniors can still get up to \$40 worth of produce, available for pick up at The Center in Oak Harbor on Fridays from 12–2pm, June through August (or until funding for the program runs out). The produce will be purchased from Whidbey Island Grown Cooperative. Their mission is to support a viable agricultural economy, to increase the production and sales of



Look for this sign to find participating vendors at the Farmer's Markets.

agricultural products on Whidbey Island, and to build a resilient, healthy, and sustainable community.

Vouchers and eligibility letters will be mailed to you. Vouchers are good through October, depending on the Farmer's Market season. If you choose to pick up produce at The Center in Oak Harbor, you will receive a letter confirming your eligibility and pick up authorization.

A list of participating farmers markets and farm stores will be posted on the Island Senior Resources' website when available and will be included with vouchers.

To apply, call 360-321-1600, ext. 0. You will be asked to provide required information including your mailing address. Vouchers and funds are limited so please call soon.

Healthy Greens
ARUGULA

Arugula is a delicious, healthy green, in-season in June. It works well in many dishes. Use arugula as a base for a variety of salads, adding fruits like pears or strawberries; add it to omelets, soups, sandwiches, or even pesto. The possibilities are endless!

SELECTING: Look for bright green leaves that are delicately crisp, and stems that are neither withered nor slimy.

NUTRITION: Low fat, cholesterol free, very low sodium, good source of folate and calcium, high in vitamins A and C

STORAGE: Wrap arugula loosely in damp paper towels and place in a plastic bag; store for up to 3 days in the refrigerator.

Easy Delicious
ARUGULA PESTO
from Epicurious

Ingredients:

- 1/2 cup (2 oz/60 g) walnut pieces
- 1 garlic clove, minced
- 2 cups (2 oz/60 g) packed arugula leaves
- 1/2 cup (2 oz/60 g) freshly grated Parmesan cheese
- Kosher salt
- 1 cup (8 fl oz/250 ml) extra-virgin olive oil

Preparation:
In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.

Debbie Metz, Nutrition Director
senior-resources.org/nutrition/
360-321-1600

North Sound Washington Listens

New Support Line

How have you been affected by COVID-19?

North Sound Washington Listens is a program that aims to support the emotional needs of state residents in the North Sound region during the pandemic. Staff provide non-clinical, psycho-education-based support to anybody in Washington with elevated stress due the pandemic.

We Provide	We are . . .
<ul style="list-style-type: none"> ▪ Information ▪ Education ▪ Emotional support ▪ Links to resources 	<ul style="list-style-type: none"> ▪ Confidential ▪ Anonymous ▪ Free

Are you interested in talking with someone?

We are available throughout the outbreak to meet virtually. Referrals will come through Washington's Information & Referral line.

Contact information:

- Call 1-833-681-0211 for support line.
- Call 360-820-7430 for program information.
- www.telecarecorp.com/north-sound-wa-listens

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OAK HARBOR continued from page 1

Caregivers, Parkinson's, Grief Support, and an online program for adults with disabilities. Support groups are easy to access online or by phone, from anywhere.

Did you know we have a virtual community growing online on our website www.senior-resources.org/virtual-community/? This is where you can find our calendar of online events, join support groups, and find links to additional interactive events for seniors and adults with disabilities where you can socialize and build your community of support even more. Come join in and make friends.

Did you know help is available for assistance with Medicare and Social Security issues? We have a team of highly trained volunteers ready to help you in regularly scheduled Zoom classes or one-on-one consultations.

Did you know we promote classes and events at The Center in Oak Harbor in our monthly enews? To sign up to receive it, go to our website home page www.senior-resources.org.

We are here to help you! If you, a friend, or a loved one has a question or needs assistance, please reach out to us. Call us at 360-321-1600 or 360-678-3373; our intake specialist will help direct you to the best services to meet your needs.

Our services are free, supported by donations from participants who are able and by the generosity of our community. If you can support these essential services, please visit: www.senior-resources/donate/. If you can, please help ensure the sustainability of services by ISR to ALL of Island County for the next 50+ years. You are our partner whether you need our services today or in the future.

Thank you to all our island residents, whether you live in north, central, or south Whidbey, for your support of all we do together in the community.

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INDEPENDENT LIVING ASSISTED LIVING

Support Groups Meet Online

Please call 360-321-1600 or email reception@islandseniorservices.org for information on attending ISR support groups.



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.



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