

Island Times

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

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

Volume 5 • Issue 4



Now What?

By Robin Bush
Island Senior Resources Community Education Director

Summer is in full swing, and tourists are coming to Whidbey Island in record numbers. People are in visiting shops and restaurants, many folks gathered to celebrate the 4th of July, and the Island County Fair was again abuzz with rides, food, animals, and families enjoying time together. Those are all indicators that things are changing, but it leaves us thinking about what it will mean to grow our community back after COVID.

First, building a positive future starts on a very personal level. In one major university commencement address, a dean identified he had seen people trying to be kinder, and more understanding during COVID. Can we maintain that as we move forward into this next era of recovery? Can you teach yourself to stop and breathe and be a little more patient when something happens that frustrates you or someone does something that irritates you? Can you realize they may be struggling with all the challenges around them, just as you are, and both of you may need a bit of extra understanding to get through the day?

The next time someone does something that causes you to tense, or you find yourself feeling anxious, take a few long deep breaths in and out, and remember we are all stretched right now. By finding a little extra patience within ourselves, we will manage stressful situation a little better, and we'll be better able to help someone else to find the way to get through this.

Next, we harvest our community creativity. It is as if we are digging the soil of our community anew, cultivating our communities, and planting seeds of new ideas. As we stretch to define what will be and let go of what was, we will prune out what doesn't fit any longer to make room for new growth to emerge. When we ask, "What now?" the thing that gives us all hope is the power people have to help each other through the transitions, a willingness to listen to new ideas, and the understanding that we must rely on the strength of the foundation on which we can grow.

NOW WHAT continued on page 8

"And the creeks don't rise"

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

The other day while people were slowly filtering out of The Center after their program, a few of the members were chatting and trying to remember the saying that had something to do with a creek rising. So, I did what I do whenever I need quick info, I grabbed my cell phone and Googled it. "If the Lord's willing and the creek don't rise." "Ah, yes, that's it!" one replied. "See you all next week if the Lord's willing and the creek don't rise!" It's a sentiment I hear often around here, sometimes with a bit of a different twist such as "I'll be there, God willing."

"If the creek don't rise" seems to be a whimsical way of saying the speaker would carry out some task provided no figurative obstacle were put in his path. It can be summarized as "if all goes well." So, a little less ambitious and more conditional then saying "I'll be there come hell or high water." The first, saying they are willing to come if its easy enough, the second, they are coming no matter what may stand in their way.

It looks like there are several origin theories for this saying, with one being particularly interesting. Maybe the saying has nothing to do with a rising body of water. One theory is it is a reference to the Creek Indians of Alabama.

In the early 1800s, 19 tribal groups created the Creek Confederacy to combat land grabs by white settlers. Descendants of these tribes had lived on the lands for generations, some descending from the mound builders of the Mississippi River Valley.

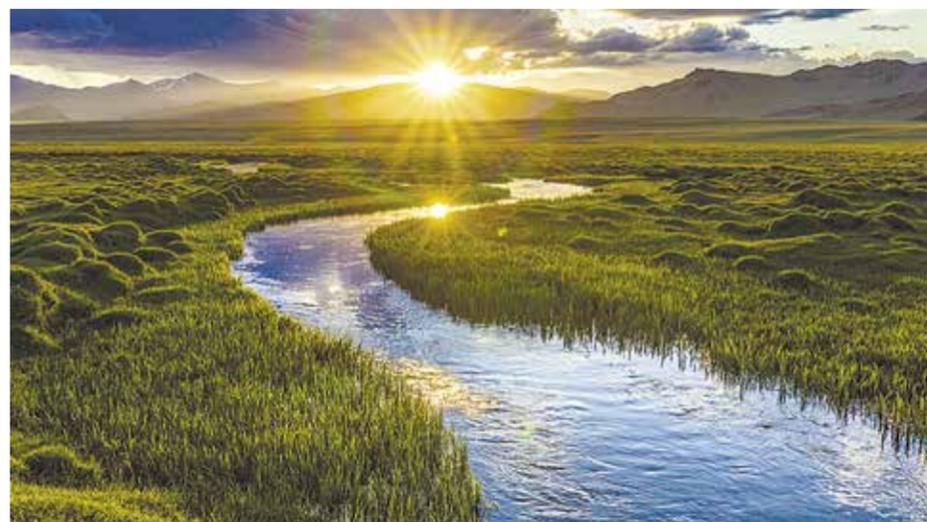
What is known as the Creek Wars started Aug. 30, 1813, when a Creek Confederacy faction, known as the Red Sticks, attacked settlers north of Mobile. Almost two years after, the Treaty of Fort Jackson was signed in Alabama. The entire Creek Nation, of which only a fraction had rebelled, were crushed and forced to cede two-thirds of their lands, about half of present-day Alabama and a chunk of southern Georgia.

The "Creek don't rise" phrase is now sometimes credited to this time of unrest and displacement.

Origin debaters also point to Col. Benjamin Hawkins of North Carolina, a Continental Congress senator and general superintendent of Indian Affairs from 1796 to 1818. When he was summoned to the nation's capital, he reportedly once responded, "If God is willing and the Creek don't rise."

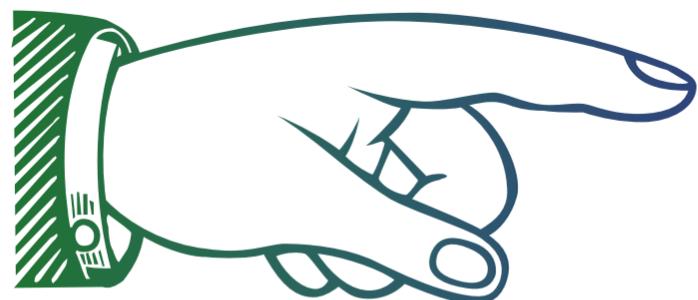
The saying seemed to then be made

CREEK continued on page 3



DID YOU KNOW?

ISR volunteers have provided 1005 rides from January - June this year, to seniors for medical appointments on and off Whidbey Island.



Learn how you can become a volunteer driver and support this program. see page 7 for more information

Whidbey Weekly
& PRINTING

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

PRINTING • COPYING • GRAPHIC DESIGN • COMB BINDING • FOLDING
LAMINATING • CUTTING • FAXING • DIRECT MAIL SERVICES

1131 SE ELY STREET • OAK HARBOR • 360-682-2341 • WWW.WHIDBEYWEEKLY.COM

Program Schedule

MONDAY

9:00 Billiards
 9:00 Lapidary
 9:00 Quilting
 9:45 EnhanceFitness
 11:00 Mah Jongg
 12:00 Bunco
 12:00 Ping Pong
 1:00 Art
 3:00 Clogging

TUESDAY

8:30 Yoga
 9:00 Billiards
 9:00 Lapidary
 11:00 Mexican Train
 1:00 Line Dance
 1:00 Knitting

WEDNESDAY

9:00 Billiards
 9:00 Lapidary
 11:00 Duplicate Bridge
 12:00 Ping Pong
 12:30 Party Bridge
 1:00 Paper Crafts (2nd/4th)

THURSDAY

8:30 Yoga
 9:00 Billiards
 10:00 Walking Club*

FRIDAY

9:00 Billiards
 9:00 Quilting
 9:45 EnhanceFitness
 12:00 Pinochle
 1:00 Line Dance

*Meets at Flintstone Park

Whidbey Island Genealogical Searchers (WIGS)



WIGS IS RETURNING TO IN PERSON MEETINGS

Tuesday, September 21 • 1 p.m.

Oak Harbor Lutheran Church (1253 NW 2nd Ave, Oak Harbor)

A "getting reacquainted reunion" is planned with sharing, food and fellowship.

ALL ARE INVITED TO JOIN US!

Email whidbeygensearchers@gmail.com with questions

Subject to change at the last minute depending on covid restrictions

Program Fees

Participation in Center programs requires annual membership of \$40 or \$3 day use fee in addition to non-member rates.

Art	Donation
Billiards	No fee
Bunco	Buy-in
Clogging	\$20/\$30 month \$7/\$10 drop-in
Duplicate Bridge	No fee
EnhanceFitness	\$25/\$30 month \$5/\$7 drop-in
Knitting & Crocheting	No fee
Lapidary	Material fee
Line Dance	\$20/\$30 month
Mah Jongg	No fee
Mexican Train	No fee
Paper Crafts	\$5/\$8
Party Bridge	Buy-in
Ping Pong	No fee
Pinochle	Buy-in
Quilting	No fee
Walking Club	No fee
Yoga	\$25/\$30 month \$5/\$7 drop-in



Hearing Health Services

Coupeville's Premier Audiology Clinic

Open For Appointments



Dr. Kristine Jarrell specializes in helping people cope with hearing loss by providing affordable, customized hearing solutions. Schedule your consultation and hearing assessment. 360-678-1423

20 N.W. Birch Street, Coupeville
 coupevillehearing.com

Seniors* Get 15% Off on the 15th of Each Month!



1609 E. Main Street
 Freeland

360-331-6799

Monday-Saturday 8am-7pm
 Sunday 9am-6pm

freelandacehardware.com

*Age 65 and over, just show your driver's license at the cash register. (Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

CREEK continued from page 1

popular by many singers and songwriters in the 1950s and 60s, maybe most well known is "If The Good Lord's Willing," sung by Johnny Cash:

*For a taste of love that's shining in your eyes
If the rooster crows at the crackin' of the dawn
I'll be there just as sure as you're born
If the good Lord's willing and the creeks don't rise*

It really got me thinking about how we make plans to do something, but feel the need to add a caveat, or at least recognize, that sometimes situations are out of our control. From years of living, especially after this last year of continually changing regulations, we have all undoubtedly come to find this true. Even the best laid plans can be foiled. We have learned to be very flexible here at The Center with plans and expectations. We have also realized we cannot let the unknowns of the future stunt our progress. We cannot stay stagnant and settle for status-quo. In re-opening and taking active steps to add more programs back in, we know that any day we might get the call to change course due to increased case counts, or extreme weather, or whatever else it may be, but we cannot stay still. We will continue forward, each day at a time, making big plans here at The Center for more programs, travel, classes and events, and services and plan to see you all here "if the good Lord's willing and the creeks don't rise."

The Center In Oak Harbor

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Passport services & photos available by appointment

Current Business Hours:

Mon-Fri, 8:30 am - 4 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 thecenter@oakharbor.org

CLASSES and EVENTS at The Center In Oak Harbor

PICNIC IN THE PARK

Wednesday, Aug. 25

Last chance to join us for a Picnic in the Park is Wednesday, Aug. 25! The picnic box is \$15 members/\$20 non-members and 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 Center staff. Must pre-order your picnic by calling The Center at 360-279-4580 or stopping by during business hours.



PRODUCE FROM THE LORD'S GARDEN

Thursdays at The Center

The Lord's Garden is continuing to drop off a bounty of fresh produce on Thursdays at The Center, stop in to pick up free, locally grown produce.

ENHANCEFITNESS & YOGA IN-PERSON & VIRTUALLY

EnhanceFitness

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

Yoga

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

EnhanceFitness and Yoga classes will continue to be available on the virtual platform as well as in-person. The cost is \$25 month for members and \$30 for non-members or the drop-in rate is \$5 for members/\$7 for non-members per class. Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost. If you believe you are eligible for insurance reimbursement or to learn more please reach out to Carly Larson at 360.279.4583 or clarson@oakharbor.org

Looking for Class Instructors

We are looking for EnhanceFitness, S.A.I.L (Stay Active & Independ for Life), Tai Chi, Hula Dance, and Technology class instructors. If you or someone you know is qualified to teach any of these classes, please reach out to our Program Coordinator, Carly Larson at 360-279-4583 or clarson@oakharbor.org

Enjoy Backyard Birds All Year Long!



**BIRD FEEDERS • BIRD FOOD
BIRD BATHS • BOOKS
GARDEN ART & GIFTS**



5565 Van Barr Place • Suite AB
Freeland • 360-341-1404
www.wbu.com/freeland

Combine & Save.



I can help you save time & money.

One agent for all your insurance needs saves time. And Allstate's multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.



MATTHEW IVERSON
360-675-5978
466 NE Midway Blvd,
Oak Harbor, WA 98277
mattiverson1@allstate.com



Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Insurance Co., 2775 Sanders Rd., Northbrook, IL 60062 Northbrook, IL. © 2016 Allstate Insurance Co.

I explore.
I discover.
I matter.



SUMMER HILL

Senior Living

We'd love to hear from you!
360-679-1400

165 SW 6TH AVENUE | OAK HARBOR, WA
summerhillsenior.com



**AUGUST 14 & 15
2021**

**COUPEVILLE
ARTS & CRAFTS
FESTIVAL**

**SATURDAY 10 - 6PM
SUNDAY 10 - 5PM**



Summer SQUASH

Varieties of summer squash include zucchini, yellow straightneck or crookneck, pattypan, and chayote, all in season during August. Wash well and cut off ends, there is no need to peel summer squash. It can be eaten raw, sliced in salads or in veggie platters. Summer squash can also be cooked in a variety of ways. The possibilities are endless!

SELECTING: Choose squash that are on the small side (unless you plan to stuff them), crisp and free of soft spots or wrinkled skin. One half pound makes about 1 ½ cups of slices, serving about 2.

NUTRITION: Summer squash are a great source of Vitamin C which helps to build resistance to infection and is important for healthy skin. They also contain potassium and magnesium. Both are important to help maintain a healthy blood pressure. Magnesium also helps keep your muscles functioning properly, including heart muscles and is important for strong bones and teeth.

STORAGE: Store in the refrigerator. Best if used within one week.

Debbie Metz, Nutrition Director
senior-resources.org/nutrition/
360-321-1600 or 360-678-3373

Easy Delicious SQUASH BREAD

Ingredients:

- 1 1/2 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 cups shredded summer squash
- 2 eggs, well beaten
- 3/4 cups sugar
- 1/2 cup oil
- 2 teaspoons vanilla extract

Preparation:

Preheat oven to 350 degrees. Mix flour, cinnamon, baking powder and baking soda. In another bowl combine well beaten eggs, sugar, oil, and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients to wet ingredients and mix until just moistened. Pour into well-greased bread loaf pan. Bake 40 minutes or until a knife put in center of loaf comes out clean.

Island Senior Resources



Taking Joint Replacement TO NEW STANDARDS

Our new Enhanced Recovery After Surgery [ERAS] process is a global standard providing:

- Total Joint Patient Education Program
- Less time in the hospital
- Lower risk of infection
- Comprehensive plan for your care and recovery

Accelerate your return to a pain free and active lifestyle right here on Whidbey.

Learn more at:
whidbeyhealth.org/jointreplacement



Support Groups Meet Online

Please call 360-321-1600 or email reception@islandseniorservices.org for information about 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 cognitive challenges who enjoy being with people and making friends.

PARKINSON'S SUPPORT GROUP

Tuesdays, 10 – 11:30 a.m.

This Zoom group is for people living with Parkinson's and 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.

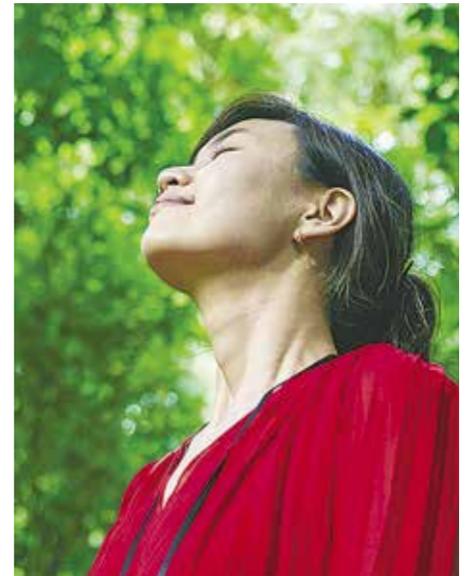
This online Zoom group is for people experiencing grief and loss. This is a safe place to discuss challenges, share experiences and move towards a place of healing.

Deep Breathing

Deep, relaxing breathing does more than calm your nerves and reduces stress. It improves your attention span, reduces anxiety and depression, improves blood flow, lowers blood pressure, helps you sleep better, detoxifies the body, strengthens core muscles, and reduces pain levels too.

Your nervous system controls your body's involuntary actions, such as your heart rate and digestion. It also balances your fight/flight response with your rest/relax response. It's like a seesaw; when one goes up, the other goes down. So the more you can activate the rest/relax response, the better and less stressed you feel.

Several times a day, try taking five long, deep breaths, and then exhale slowly. Count to three for each inhalation and exhalation. The more you practice this, the more you will be able to use it when you need to calm down.



WE CARE LIKE FAMILY

**Independent Living • Assisted Living
Memory Care • Respite Care**

Call Teri Mendiola to schedule your personalized tour

360-279-0933



Regency on Whidbey
A Retirement and Assisted Living Community
A REGENCY PACIFIC COMMUNITY

www.regencyonwhidbey.com

CHECK WITH ISR AND THE CENTER REGARDING IN PERSON PROGRAMS

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

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
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

GETTING READY FOR MEDICARE:

Tuesday Aug. 3, 1 p.m.

Tuesday Oct. 5, 1 p.m.

Tuesday Sept. 7, 1 p.m.

Tuesday Nov. 2, 1 p.m.

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.

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



AUGUST

\$6 Suggested donation for meals

WEEK 1		
Mon	2	BBQ Chicken Slider
Wed	4	Lasagna w/Meat Sauce
Fri	6	Chef Salad w/Bacon, Turkey, Tomato & Cheese
WEEK 2		
Mon	9	Italian Wrap w/Pepperoni & Provolone
Wed	11	Pineapple Pork Tenderloin
Fri	13	Chicken, Strawberry, Onion Salad
WEEK 3		
Mon	16	Chicken Tenders & Roasted Potatoes
Wed	18	Stir Fry Beef & Broccoli
Fri	20	Rainbow Tortellini w/Ham & Vegetables
WEEK 4		
Mon	23	Italian Meatball Sandwich
Wed	25	Ground Beef Burrito Bowl
Fri	27	Chicken Apple Salad on Croissant
WEEK 5		
Mon	30	Baked Ham w/Fruit Salsa

DISCOVER THE ISLAND'S BEST CANNABIS

Phone and online ordering available through Leafly

MEDICAL & RECREATIONAL MARIJUANA | WHIDBEYISLANDHERB.COM
360-331-0140 | 5565 VAN BARR PLACE, UNIT F, FREELAND | OPEN MON - SUN 9AM - 8PM

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

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
- Kathryn Beaumont: Vice President
- Lori Christian: Treasurer
- Jason Pryde: Secretary

- Jan Bahner
- Walt Blackford
- Nancy Bolin-Romanski
- Pamela G. Cassidy
- Mike Ezzell
- Julie Joselyn
- Marie McElligott
- Chris Schacker
- Suzanne Turner

Executive Director: Cheryn Weiser
Please contact Island Senior Resources
360-321-1600 or 360-678-3373

FROM THE EXECUTIVE DIRECTOR

Cautious Opening

By Cheryn Weiser, Executive Director, Island Senior Resources

Over the last few months, senior centers and community meal sites for seniors across the Northwest have been meeting to explore collaboratively when and how to open community meal sites across the region. From Lynden to Whidbey to Burlington to Friday Harbor, we have offered alternatives and identified issues. However, the general approach has been one of caution.

To remain cautious and explore alternatives, Island Senior Resources will soon invite former participants of community meal sites in south, central, and north Whidbey, along with Camano, to think with us about the re-opening of community meal sites. It's important for us to learn from our participants whether they will return to community meal sites, under what circumstances, and at what frequency.

So far, other counties and meal sites around the region have either not opened, have opened on a restricted schedule, or are open but finding participation is reduced from pre-COVID

times. In addition, a number of sites report some former participants want to wait longer before returning to the community meal sites.

As of this writing, questions around vaccinations rates, COVID variants, and booster shots remain unanswered. Along the pandemic journey, Island Senior Resources continues to make decisions about programs and services based on 'an abundance of caution.' Meals on Wheels participation remains high. At points along the COVID path, the MOWs meal count was double what it was in the pre-COVID era. Other programs and services have adapted quickly and effectively to online and phone access. In many ways, access to programs and services has been enhanced by the internet.

At Island Senior Resources, we will continue to adapt and respond to the needs of our seniors, adults with disabilities, and those who care for them. We will keep you informed about what's happening with community meal sites as we learn from participants what they want and need amid a virus that will continue to require that we act with an abundance of caution.

Senior Thrift
benefitting
Island Senior Resources
Shop with a purpose.
5518 Woodard Ave, Freeland, WA 98249
Thursday- Saturday, 10 a.m.-4 p.m.
Sunday, 11 a.m. - 4 p.m.
Closed Monday - Wednesday

Donations accepted:
Thurs.-Sat., 10 a.m. - 3 p.m.
Donations are accepted until capacity is reached.
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 AUGUST: Red tags, 25% off • White tags, 50% off

DATE	DAY	ITEM	SPECIAL
August 1	Sunday	Home School Providers	10% off entire purchase
August 7	Saturday	Plastic Housewares	15% off
August 8	Sunday	Lamps	15% off
August 14	Saturday	Hardware	15% off
August 15	Sunday	Frames & Framed Artwork	15% off
August 21	Saturday	Sleeveless & Short Sleeve Shirts	25% off
August 22	Sunday	Shorts & Capri Pants	25% off
August 28	Saturday	White Tagged Clothing	\$1.00
August 29	Sunday	White 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.

VILLAGE CONCEPTS
OF OAK HARBOR
HARBOR TOWER VILLAGE

“My Village, My Family.”

Schedule a Tour & Meet
Our Family!
360-675-2569

www.villageconcepts.com

INDEPENDENT LIVING ASSISTED LIVING

FREE PICK UP - DELIVERY AVAILABLE

Habitat for Humanity
of Island County

Two Locations To Serve You
www.islandcountyhabitat.org
1592 Main Street
FREELAND
360.331.6272
290 SE Pioneer
OAK HARBOR
360.675.8733

Your donations & purchases help build a world where everyone has a decent place to live.

I will be your Insurance Angel



Naomi DeMartini, Agent
We can help sort through options.
 Long Term Care • Life Insurance
 Health Insurance • Group Health Insurance
 Disability Insurance • Dental/Vision Insurance
 Travel Insurance

NEW TO MEDICARE?

Medicare including Medicare Supplement plans, Medicare Advantage plans, Medicare Prescription plans along with individual & small group plans.

J. JOHNSON INSURANCE, LLC • 360-341-1848
 jjins@whidbey.com • 1635 Main Street #A7, Freeland, WA 98249

Planning ahead is simple. The benefits are immense.

Contact us today to discuss pre-arrangements or transfer of existing arrangements.

WALLIN STUCKY FUNERAL HOME



1811 NE 16th Ave • Oak Harbor • 360-675-3447 • info@wallinfuneralhome.com
 5533 East Harbor Road • Freeland • 360-221-6600
 www.wallinfuneralhome.com

FARE FREE CONVENIENT FRIENDLY SAFE

Island Transit Connecting Seniors to Rides

Island Transit Customer Service is available to help plan your trip.

Service: Monday - Saturday

Whidbey Island (360) 678-7771
Camano Island (360) 387-7433

Shopping | Medical Appointments | Church



Yes! Language assistance available.

www.IslandTransit.org
(360) 678-7771

NOW WHAT continued from page 1

It is time for each of us to ask ourselves what we can do to support our local businesses, volunteer for non-profits that need our help, find new ways of doing business together, and nurture new opportunities that will build a new era. This an opportunity for innovation that will make the core of our towns vibrant again.

One example is when Gordon Stewart, Executive Chef at Gordon's on Blueberry Hill, was asked by Randy Urquhart, an owner with Penn Cove Brewing Company, about collaborating with the recently opened Penn Cove Brewing Company and Taproom in Freeland to provide food for the Taproom. Gordon saw this as a great opportunity for the community to experience the best of both worlds and has opened Reasonably Gordon's, a food truck on-site at the brewery. Working together allows the brewery to focus on making great beers and Gordon on providing innovative, fresh food using Penn Cove beer and spent grain in his menu offerings. The synergy of working together has created a community experience that represents the kinds of innovation that has brought success to both businesses. When we ask, "Now What?" that's the kind of new thinking that represents a positive future for our communities.

Drive a Little, Give a Lot

by Island Senior Resources

Island Senior Resources volunteer drivers drove 117,424 miles last year, and in the last few months, we have seen a rapid rise in requests for Medical Transportation as more and more people feel more confident venturing out and making medical appointments. Our volunteer drivers have made 1,005 trips from January - June this year!

What does it mean to our community when we have so many requests? No one wants to ever see the day when people are turned away for rides to critical appointments for services like dialysis or chemo or diagnostic appointments with specialists. Island Senior Resources is committed to meeting the demand, but more volunteer drivers are needed desperately. The majority of requests come from our clients in Oak Harbor, but we do not have enough drivers from the northern part of the island. The volunteer pool must increase across all of Whidbey to meet the growing need for rides.

Volunteer drivers can select which trips they wish to drive that fit their schedule; mileage is reimbursed at \$.464/mile, each trip is given priority boarding on the Clinton and Mukilteo ferries, and when off-island drivers receive a small stipend for a meal/drink. Volunteers receive a 25% discount at Senior Thrift as well.

If you are 25 or older with a WA state driver's license and current vehicle registration, have had no moving violations in

the past year, your car is in good working order, and you can pass a background check, you can make a big difference for someone else by volunteering to drive. Please call us and help fulfill this critical need. All ISR volunteer drivers follow strict COVID safety protocols to assure the health and safety of both drivers and passengers.

For more information about becoming a volunteer driver, contact: Pat Weekley, or Carol Colar, Island Senior Resources Medical Transportation & Volunteer Services, Co-Directors at 360-914-3212.

From some of our drivers:

I get a chance to meet some interesting, thoughtful, and kind people. Sometimes just a passing phrase or statement from a client means so much. It is so rewarding to be able to share time with these folks and drive them to their appointments. Easy! Keep your eyes on the road.

Brad
 ISR Medical Transportation
 Volunteer Driver

I receive lots of accolades from so many people for doing what I do volunteering. It embarrasses me a bit because all I can think is: am I not just doing the same thing that everyone else is doing to support their community? I try to reconcile my embarrassment by recognizing that I might be helping more of my community because I volunteer with organizations like Island Senior Resource and Good Cheer.

Randall
 ISR Medical Transportation
 Volunteer Driver

ISLAND TIMES IS A PUBLICATION OF WHIDBEY WEEKLY

PUBLISHED and distributed every month. No part of this publication may be reproduced without the written consent of the publisher. Whidbey Weekly, Island Senior Resources and Oak Harbor Senior Center cannot be held responsible for the quality of goods or services supplied by advertisers in this publication. Advertisements are not an endorsement by either Island Senior Resources or Oak Harbor Senior Center.

TO ADVERTISE: Island Times publishes the last Thursday of each month. Deadline to advertise is two weeks prior to publish date. Please email advertise@whidbeyweekly.com or call (360) 682-2341. For more information, please visit www.whidbeyweekly.com.

Whidbey Weekly
 LOCALLY OWNED & OPERATED

1131 SE ELY STREET | PO BOX 1098 | OAK HARBOR, WASHINGTON 98277

Publisher & Editor **Eric Marshall**
 Marketing Representatives..... **Glenda Cantrell, Noah Marshall**
 Graphic Design **Teresa Besaw**
 Production Manager **TJ Pierzchala**
 Circulation Manager..... **Noah Marshall**

Volume 5
Issue 4

PHONE: 360-682-2341 FAX: 360-682-2344