

Island Times

Look for Island Times the LAST Thursday of each month
DEC. 2021

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

Volume 5 • Issue 8



On the Beauty and Fragility of Thin Skin

By Charles LaFond, Potter, and ISR staff member

Once upon a time, in a wooded hamlet, a young potter took her pail into the woods to dig up some clay from a streambed. Like all clay, it was 250 million years old, with the wisdom of great age and inheritance. Like all clay, it was made of decaying things, and microscopic flecks of granite wash from rocks eroded by raindrops one at a time. The clay was sticky, dark reddish-brown, and perfect to make a bowl on a pottery wheel.

The potter prepared the clay and threw it onto her spinning wheel with a whack! The cold clay spun beneath her warm hands. The clay was elastic. It warmed. It grew from a spinning lump into a spinning cylinder like a clay ballerina in a tumble of pirouettes. In time, the ancient fresh clay widened out into a spinning bowl with high, thin walls and graceful curves. The potter was pleased with her new bowl and set it on a high shelf to dry before firing it in her kiln.

Over the next few weeks, all the water evaporated from the clay bowl, and it became very fragile. For millions of years, the clay had done such a good job making a lovely path for the village streams - bringing water to their wells. Now lady-clay's job was done. She had been made into a new thing - a bowl.

The potter was careful when she lifted the dry bowl to the kiln for its final transformation into a glistening blue bowl. It was to be used in the local hospital by nurses cleaning wounds. She lifted the bowl with both cupped hands from the bowl's bottom to not break the thin clay wall. Although the bowl was most beautiful in form, it was also most fragile in shape. The bowl was fired with a beautiful blue glaze. It served the nurses and patients well in a hospital for over 500 years. It is now in a museum on display, under warm lights and behind security glass; it was and remains a very beautiful bowl.

BEAUTY continued on page 8

TRADITION

By Jay Lovelady

Program Assistant, City of Oak Harbor Senior Services

Christmas is a notoriously difficult holiday to find 'the meaning of' amidst all the commercial noise, especially when corporate advertising has become so good at using tradition to pressure people into buying and doing more. My family is no stranger to this effect but years ago we began celebrating Christmas in a new way, and it forever changed my outlook on traditions and how we connect with each other through them. It all started because my mother didn't like how busy Christmas day was getting. Between breakfast, family visits, stockings, gifts, church and whatever went wrong in between, there wasn't any time left to actually enjoy it! We were rushing around, trying to make sure everything was ready and no one had any time to enjoy the day or appreciate its significance. After reading a book on holiday origins and ideas for celebrating them (Celebrating the Christian Year by Martha Zimmerman), my mother came up with an entirely new, three-day approach to Christmas:

First, Dec. 6, in celebration of Saint

Nicholas Day, historically a feast holiday celebrating the life of the real Saint Nicholas of Myra, we would give each other our traditional Christmas stockings. The real Saint Nicholas was an early Christian bishop during the time of the Roman Empire and little is known for sure about the man himself but, much like the modern Coca-Cola mascot that he inspired, his reputation is themed around generosity and humility. We would fill each other's stockings with sweets, simple toys or tools, and tokens of affection. As a kid this became a fun way to 'pre-game' for the month of December, and get into the spirit early with some simple, family-focused giving.

Next, Christmas day we would observe many of our family traditions including a special breakfast, the last step of Mary and Joseph's journey (think Elf on the Shelf meets Lord of the Rings), and spending the day with family, but no large gift exchange. With the exception of maybe one gift per family member, we would hold off on gift giving until January. I'm not going to lie, it could be tough waiting that extra week and a half if there was a big box with my literal name on it, but it allowed us to focus so much

TRADITION continued on page 3



DID YOU KNOW?

Island Senior Resources is only partially funded by government sources?



Government sources provide limited funding for ISR's essential programs: Meals on Wheels, Aging & Disability Resources, Medical Transportation, Support Groups, Family Caregiver Support, SHIBA (Medicare assistance), and Medical Lending Library. These programs exist due to the generosity of people like you. Thank you for your support!

See www.senior-resources.org for more information about what we do and how you can support our community.

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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 and Crocheting

WEDNESDAY

9:00 Billiards
 9:00 Lapidary
 9:45 EnhanceFitness
 11:00 Duplicate Bridge
 12:00 Ping Pong
 1:00 Paper Crafts (2nd/4th)

THURSDAY

8:30 Yoga
 9:00 Billiards
 10:00 Walking Club*
 10:00 Wii Bowling
 10:00 Wire Wrap
 1:00 History Class

FRIDAY

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

*Meets at Flintstone Park

Member Spotlight: A Tale of Two Oak Harborites

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

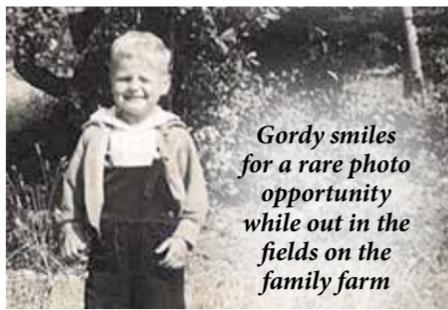
Most mornings I will find Gordy Hamming and "RP" Fakkema in the lounge at The Center enjoying a cup of coffee and conversation while they wait on some friends to join them for a game of pool. It wasn't until I took the time to join them that I realized they have quite the history

of friendship together. Gordy, being the quiet, keep to himself type of guy, told me I should interview RP instead of him and went on to tell me how RP was born and raised in Oak Harbor and had a lot to share. As RP approached our table, he was already telling me I should interview Gordy, who is also from Oak Harbor. I made them a deal that neither of them was eager to take and said, "Okay, I will write about both of you!"

Gordy is one of 12 Hamming children who grew up on their family farm on Hunt Road in Oak Harbor. He explained how he had to milk the cows every morning and evening and said, "It wasn't really that much fun." When he wasn't milking the cows or at school, Gordy helped out in the fields doing farm work with Prince and King, the Hamming family's horses. After graduating from high school, Gordy



RP's grade school picture while attending Oak Harbor Christian School



Gordy smiles for a rare photo opportunity while out in the fields on the family farm

became a truck driver, worked as an electrician, and did some contractor work.

RP is the son of Chris Fakkema, another who was born and raised in Oak Harbor and played an essential role in the community. Chris Fakkema built the Chimes restaurant in 1946, which was located at the intersection of Midway and Whidbey Avenue. While the restaurant no longer occupies the building, it still stands today as a professional building. Like his father, RP had a talent for development and went on to start a very successful civil engineering company, Fakkema & Kingsma Inc. RP married the love of his life, Susan Sullivan, who also was born and raised on Whidbey Island. Last month they celebrated 62 years of marriage.

Gordy and RP's friendship began when they met at the Oak Harbor Christian School while Gordy was in the second grade and RP in first grade – and the rest,



Gordy and RP meet together every morning at The Center for a game of pool

as they say, is history. Gordy was blessed with three sons – Greg, Mike, and Troy – while RP was blessed with three daughters – Joan, Jane, and Julie. RP's grandson, Josh Fikse, married Shelby Hamming, Gordy's granddaughter. This was exciting for Gordy and RP because now they both get to be great grandpa's to the same two grandkids, Jase and Emma. Lifelong friends turned family, the two continue to meet every weekday morning at The Center for a cup of coffee and a game of pool and that is the tale of two Oak Harborites.

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

Jay Lovelady • 360-279-4582

Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

Whidbey Island Genealogical Searchers

HOLIDAY GET TOGETHER

NOTE DATE CHANGE

Join us in sharing members' stories, music, and treats. All are invited to attend. Send questions to whidbeygensearchers@gmail.com. **MASKS REQUIRED.**

Thursday, Dec. 16 • 1 p.m.

at Oak Harbor Lutheran Church, 1253 NW 2nd Ave.



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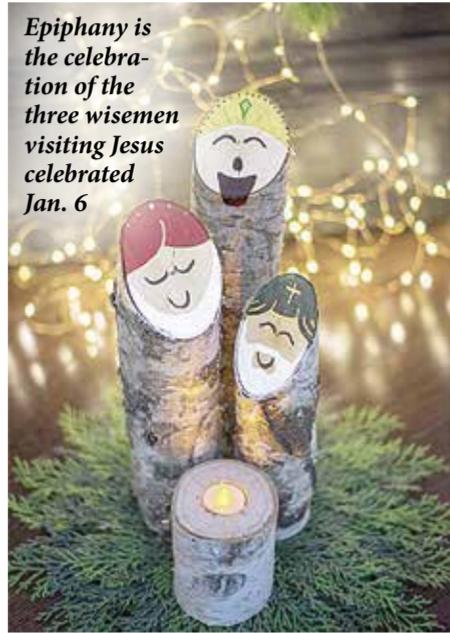
TRADITION continued from page 1

more on what made Christmas special. Some of my best memories of these years aren't tied to what I got, but to what we did together (helping prepare the food, playing a new board game as a family, etc.).

Finally, Jan. 6, we would celebrate Epiphany, often called Wise Men Day by us kids, and have all of our big gift-giving then. Historically, this was the day that celebrated Jesus coming to the Gentiles by commemorating the three Magi bringing their gifts to Jesus. The traditions and theme lined up quite well, and my siblings and I were always very excited for this day (as you could guess), finally getting to unwrap the gifts that had been growing under the tree. Looking back now, the true gift of these new practices, to me, was that it gave what we were doing purpose again. It wasn't in response to expectations, but a way of celebrating our history and cherishing what we have.

Tradition manifests very differently depending on your personal journey. For some, it can be a binding chain from

the past, limiting growth into the future. For others, it is a foundation that gives identity and meaning through those who came before. My two cents, the joy of tradition is found through commemoration and understanding. I think that's what we all want from the holidays: something to celebrate and someone to celebrate it with.



Epiphany is the celebration of the three wisemen visiting Jesus celebrated Jan. 6

CLASSES and EVENTS at The Center In Oak Harbor

Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

HOLIDAY LUNCH

Thursday, December 16 • Noon

Members: \$15 | Non-members: \$20

Take your lunch to go, or stay and eat with us at The Center. Your lunch box will include holiday-inspired menu items as well as dessert and beverage.

GIFT OF CONNECTIONS FOR SENIORS



The North Whidbey Coalition on Vital Aging works to acknowledge older adults who would like to be remembered during the holiday season. If you are interested in providing funds or gifts this year, please visit oakharbor.org/sr-svcs or contact Liz Lange 360-279-4581.

LOOKING FOR CLASS INSTRUCTORS

We are looking for class instructors for 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.

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 virtually as well as in-person. 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 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.

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Glenda's GOOD Works

Hi, I am a Certified Life Coach, Author of *Glenda's Recipes: How I Reversed My Diabetes with Diet and No Medication*, and a consultant with 36 meal plans for various health needs. My monthly column "Tips for Seniors" offers info I have found on my journey to wellness.

TIP: Fall is upon us which is time for our favorite Butternut Squash recipes! Most will add some sort of sugar to this already sweet delight but if you are diabetic and are minding your blood sugar level, try after cooking to sprinkle on some Feta Cheese. This makes your dish slightly tart which brings out the natural sweetness in this healthful vegetable!

For more of my services and products, please contact GlendaCantrell@comcast.net
Phone 360-720-2955 or www.glendacantrell.com
I'm not a doctor, nutritionist or dietician. The information I give you is strictly what has worked for me.

Annual Coupeville Historic Waterfront Association Red Ticket Drawing

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Pacific NorthWest Art School
The Seaside Salon and Spa
The Laughing Admiral
Whidbey Natural Pet
The Tyee Restaurant
The Coupeville Inn
the Oystercatcher
Penn Cove Gallery
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Madrona Blossom
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Drawing held Sunday, December 19th at 1:00pm on Facebook Live. Must be at least 18 years old, love Coupeville and be present to win.

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Guess Who?

I am a chef born Dec. 10, 1964 in New York. I have several restaurants in the United States and the Bahamas. However, I really rose to fame through my storied career on the Food Network.

Answer: Bobby Flay

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. – noon

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 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 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.

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Fall Into Reading with Sno-Isle Libraries

By Sno-Isle Libraries

Sno-Isle Libraries has many ways for you to fall into reading as the weather cools and the rain flies.

For avid readers and serious film buffs who want immediate notification on the latest releases by their favorite writers and performers, try the Author Alerts service.

Author Alerts takes the guesswork out of searching for new releases. Customers can track new books, movies, or television show releases from their favorite authors, directors, performers, and studios. Customers will get email or text notifications when matching content is added to the library's collection. Customers can follow as many content creators as they want with Author Alerts.

"You only have to enter the author's name once and can remove a name at any time if you no longer want to be notified," said Sno-Isle Libraries Collection Maintenance Librarian Grant Perrigo. "You no longer need to search the catalog constantly in hopes of finding that new book by your favorite author or a favorite TV series or movie. Author Alerts does it for you."

To create an Author Alerts account, start at sno-isle.org, select "Browse" from the menu, then click on "New & On Order."

Click on the "Author Alerts" image or text, then click "Start Here." Follow the screen prompts to complete a profile.

Customers may add as many content creators as they want to track, or they can quickly add content creators that other customers follow.

For DVD Alerts, customers can enter the actor, director, or producer into the "Name" field. To add an alert for a movie studio or TV series, enter the studio or TV series name into the Last Name field.

Customer notifications include a direct link to the library catalog to place a hold.

Want to know more about books? Go to sno-isle.org/books and browse through 16 fiction and nonfiction genres. Find staff



picks on great titles. Check out upcoming meetings of online book discussion groups. Dig into Book Blogs and watch Sno-Isle Libraries' Open Book Online Author events.

You can now take Sno-Isle Libraries with you, thanks to the new Sno-Isle Libraries app for Apple and Android phones. With the app, customers can:

- Check the status of their holds
- Reserve items for pick-up at any community library
- Browse the complete Sno-Isle Libraries catalog
- Scan a book UPC bar code and see if it's in the Sno-Isle Libraries catalog
- Find the closest Sno-Isle Libraries community library
- Discover upcoming events and programs

"With more people than ever using smartphones, we are pleased to offer library services in a way that's most compatible with those devices," said Jessica Krill, member of the Sno-Isle Libraries App Development Team.

The app is available for download at Apple's App Store and the Google Play Store. Open your phone's app store, search for "Sno-Isle Libraries," then download the app.

The Sno-Isle Libraries app offers smartphone-optimized access to some of the library system's most popular web services. The app retains a customer's login information for fast, easy access, Krill said.

A Sno-Isle Libraries library card isn't needed to get the Sno-Isle Libraries app. Tapping "I don't have a library card" sends the customer to the "Get a Library Card" page of the Sno-Isle Libraries' website.



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).
- Ways to help you avoid being a victim of Medicare Fraud

ZOOM CLASS:

Friday, December 10, 1 p.m.

TUESDAY CLASSES - 1 PM:

Jan. 4 March 1 May 3 July 5 Sept. 6

WEDNESDAY CLASSES - 1 PM:

Feb. 2 April 6 June 1 Aug. 3

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 click on the link for each date/time. Not sure how to Zoom? No Problem! Call us at 360-321-1600 or 360-678-3373 and we will walk you through it. Pre-registration is required.

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

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.

Wednesday Classes • 1 p.m.

Jan. 19 March 16 May 18 July 20 Sept. 21

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.



DECEMBER

\$6 Suggested donation for meals

WEEK 1		
Wed	1	Sweet and Sour Chicken w/Rice
Fri	3	Barbeque Pork Sliders
WEEK 2		
Mon	6	Chicken Tenders & Roasted Potatoes
Wed	8	Meat Lasagna w/Marinara
Fri	10	Meatloaf w/Tomato Topping
WEEK 3		
Mon	13	Wild Rice and Chicken Soup
Wed	15	Holiday Meal: Pork Loin w/Chutney
Fri	17	Chicken Cordon Bleu
WEEK 4		
Mon	20	Chicken Pot Pie Casserole
Wed	22	Beef Stroganoff
Fri	24	HAPPY HOLIDAYS – No Meal Service
WEEK 5		
Mon	27	Meatball Sandwich
Wed	29	Chicken Pesto Tortellini
Fri	31	HOLIDAY – No Meal Service



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Naomi is an Island Native who has a passion for providing clients with guidance while navigating the complex insurance marketplace. Naomi has built a stellar reputation as a trusted agent and advisor through extensive experience and a high level of service. Naomi is licensed and holds a bachelor's degree in Human Services. Naomi enjoys spending time with her family, baking, volunteering and is a big movie fan.



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FROM THE EXECUTIVE DIRECTOR

Finding Little Joys

By Cheryn Weiser, Executive Director, Island Senior Resources

I get a smile on my face when I think about the December holiday season. Having married into a German family where holiday traditions abound, the opportunities to let my inner child either create or join in on the joyful moments lighten the burdens of our world. One of my favorites is decorating the recently cut Christmas tree with ornaments that my in-laws brought from Germany in the past century, having the kitchen fill with the smells of our favorite cookies, or watching my now three-year-old granddaughter look at the newly decorated tree with awe.

What 'little joys' bring a smile to your face? Despite our aging bodies that at times don't allow us the same latitude to exercise our inner child wants, with a bit of creative thought and perseverance, we can find ways to engage the holiday spirit. Here are some suggestions:

- Play some of your favorite holiday music to brighten your day.
- Make or have someone join you in making a favorite holiday treat, whether cookie, candy, or simply a nice cup of eggnog.
- Invite a friend or family member for a meal. Maybe you agree to make it take out or delivered to make it easy but fun.
- Attend, or watch on your TV or another electronic device, a holiday event that warms the heart and cheers the spirit.
- Decorate your home to your taste. Brighten up the space with candles, greens, and holiday memorabilia that add meaning to the season.

Many of these 'little joys' are important ways to tap into your inner child and bring a smile or some laughter into your life. So, let yourself imagine what you can do to put that smile on your face. Then, ask for help to make it happen if you need to. Help is okay! And, have a wonderful holiday season finding little joys!

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

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SHIBA

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or 360-678-3373

Oak Harbor Aging &
Disability Resources
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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:
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CLOSED ON 12/25
CLOSING AT 2PM ON 12/31
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Health precautions will be in place, masks will be required, customer flow will be limited, 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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Saturday
Dec. 11





Dear Trudy Technology

Meet Trudy Technology, our resident technology expert. She will be answering your tech-related questions right here, every month.

Dear Trudy Technology,

This question may be outside of your purview, but I've found your advice very helpful in the past, so I figured, why not ask? I want to get vaccinated for COVID-19, but I am too embarrassed to ask anyone I know for help finding somewhere to get the shot. This is because, up until recently, I have been pretty vocal about my distrust for it. I've since learned more, and changed my mind, but I don't know where to start. Are there any online resources you can recommend?

Sincerely,
Please Help in Penn Cove



Dear Please,

Congratulations on taking the time to learn more! I can absolutely help!

In Island County, COVID vaccines are available at no charge at Island Drug, Saar's, QFC, Walmart, Rite Aid, Safeway, Haggen, Walgreens and the Camano Island Health Clinic. To find an available appointment go to: <https://vaccinelocator.doh.wa.gov/> and enter your zip code. Island County also has a mobile vaccine



unit, open to the public with no appointment necessary. Translation services are available, and no ID is required. Dates and locations of these clinics can be found at www.islandcountywa.gov/Health/PAGES/COVID-19.aspx

The mobile vaccine team from the Island County Health Department will come to homes for those unable to get to a vaccination site. To schedule an appointment if you are homebound contact Sharon Branch at 360-678-2301 or email s.branch@islandcountywa.gov.

Island Senior Resources also provides updated information about vaccine access in Island County on its website www.senior-resources.org or by calling 360-321-1600 or 360-678-3373.

Hope this helps!

Trudy

If you have questions for Trudy Technology, send them to feedback@islandseniorservices.org.

Did you know that you can also read Trudy Technology online? <https://senior-resources.org/resources/>



10 tips Nutrition Education Series



Based on the Dietary Guidelines for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

- 1 Create MyPlate makeovers**
Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.
- 2 Enjoy all the food groups at your celebration**
Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.
- 3 Make sure your protein is lean**
Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.
- 4 Cheers to good health**
Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
- 5 Bake healthier**
Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.
- 6 Tweak the sweet**
For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.
- 7 Be the life of the party**
Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.
- 8 Make exercise a part of the fun**
Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.
- 9 Enjoy leftovers**
Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!
- 10 Give to others**
Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to ChooseMyPlate.gov for more information.

DG TipSheet No. 32
December 2013
Revised October 2016

Affordable, quality care and NEW benefits for 2022



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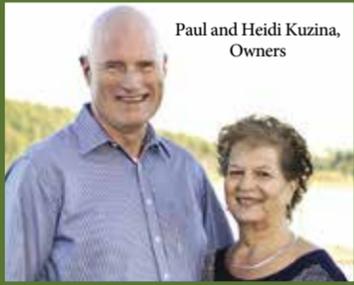
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¹Available on select plans. See plan details for more information at kp.org/wa/medicare. ²When receiving care at Kaiser Permanente facilities. Virtual care is offered when appropriate and available. ³Free with no obligation to enroll. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Washington, 1300 SW 27th St., Renton, WA 98057. H5050_MA0002280_51_21_PAP2_N_M

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BEAUTY continued from page 1

As we age, we are made of stardust, as are all things on this planet – our island home. We inherit the wisdom and the features of the ages - of death and of life. We are the containers of light, needed to heal the world. But as we age and become ready for the Ultimate Transition, we become very, very fragile. Human skin becomes thin. Human muscles begin to weaken. Bones become

brittle. Memory fades. And like that drying pot on the potter's shelf, we must be gently lifted – gently cared for.

That is what we do at Island Senior Resources. We care for beautiful, fragile vessels deserving of great care, having been of great use in the healing of the world. They deserve great care, for they have served and healed so many along their way.

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