

20
25 | happy
new
year

FROM YOUR FRIENDS
AT CAMANO CENTER
& 2ND CHANCE THRIFT SHOP



January Highlights

SCGIVE Update

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"At 2nd Chance, staff honor volunteers by making checkout a heartfelt holiday gesture."

HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 a.m.—4:00 p.m.

2nd Chance Thrift Shop

1335 State Route 532 | Camano Island | WA | 98282

(360) 629-6142

Shopping

Wednesday through Saturday

10:00 a.m. to 4:00 p.m.

Donations Accepted

Thursday through Saturday (No Wednesdays)

10:00 a.m. to 4:00 p.m.



CamanoCenter
Get connected.

camanocenter.org

Board of Directors

Kathy Sanchez | President

Larry Carlstrom | Vice-President

Shirley Swanson | Treasurer

Connie Johnson | Secretary

Paul Foster

Linda Hadley

Jeff Highland

Ken Johnson

Kelly Kraus

Darlene Miller

Michal Scott



CAMANO CONNECTIONS

Camano Connections is published monthly by Camano Senior Services Association, a 501(c)(3) registered organization located at 606 Arrowhead Road, Camano Island Washington 98282. Opinions or issues presented do not necessarily represent an endorsement by Camano Senior Services Association. There is no implied or actual endorsement of any of the advertisers appearing in this newsletter.

Camano Connections is funded by membership dues, advertising revenues and other fundraising efforts.

Donations

November 11– December 10

Appreciation

Anonymous Donors—2nd Chance Thrift Shop
Anonymous Donor—Old Friends Club
Brian and Patricia Bretland—Medical Rides
Pat Clark and Carol Hoeksema—Medical Rides
Arthur and Cindy Lahlum—Medical Rides
Shirlene Romain— Medical Rides

In Honor Of

Cavaliere/Hatfield/Vivolo Families In honor of Pat & Tony Vivolo

Gala Auction

Tim and Kirsten Spencer

General

Gerald and Rebecca Albers
Anonymous Donor
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Jane Summerfelt
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Daniel and Donna Tscherne
Ruth Westra
Donald and Dorothy Willet

In Memory

Brian and Susan Corcoran—Myrna Corcoran
Karen Davis Ferlauto—Mike Heacock
John and Linda Hadley—Myrna Cocoran
John and Linda Hadley—Mike Heacock
John and Linda Hadley—Lyle Putz
John and Linda Hadley—Jerry Cohn
James and Elizabeth Hagenzieker—Mike O'Brien

Restricted

Providence Health & Services—
Medical Transportation Program

Welcome New Members!

If you are a new Camano Center Member joining for the first time, we would like to invite you to our new member lunch. New member lunches are typically scheduled for the 2nd Wednesday of each month.

Contact Juliane Abbott for more information.

jabbott@camanocenter.org



Left to right: Wayne Martin, Wendy Tellberg, Darrell Burtis

The Center's new roof is underway thanks to the generous donations at our 2024 Gala Auction. Preparing for our solar grant work in the spring. Watch for updates!



**Remembering
Linda White**

1945-2024

*The Staff, Board, and
Volunteers will forever
miss Linda's lovely smile
and dedication to this
organization.*

2024 Stanwood Camano Giving Tuesday — “Together we DID!”

The 2024 SCGIVE campaign motto was “Let’s Do This Together”, and together we DID! During Giving Tuesday, you raised an incredible \$12,795 in donations, and the generous sponsors of SCGIVE added \$1,175 in prize money for our “*Medical Transportation for Older Adults*” campaign.

We are deeply grateful to the following donors that helped us exceed our goal—Thank you again for your commitment and kindness. We would not be able to achieve our success without you.

Jennifer Allen	Greg Courlas	Georgia Harlowe	Pamela Pritzl
Dick Ambrose	Christine Del Pozo	Jeffrey Highland	Teri Prochaska
Leanna Anderson	Joanne Drewsen	Esther A Immer	Beverly Pronishan
Jack Archibald	Ann DuBois	Paul Jantzen	Kathy Rathvon
Darci Bailey	Bonnie and Jeff Eckley	Gail Johnson	Elaine Richards
Angie Bayley	Nan Englehardt	Constance Johnson	Louis Ruggiero
Linda Berry	Tiffany Erickson	Jill Johnstone	Kathy Sanchez
Steve and Mandy Bladek	Susan Everett	Cathy Kolin	Joan Schrammeck
Linda Bosman	Cris and Kristy Ewell	Kelly and Mark Kraus	Debra Schutt
Joanne Boulanger	Kendall Faragher	Cynthia Lahti	Ava Seppa
Jessica Bowman	Paul Foster	Gene Le Maistre	Patricia Shaughnessy
Sandra Clemetson	Cheryl Fraser	Bonney Lemkin	Judith Shoudy
Dwain Colby	Friendship Tea Donations	Jeff Lind	Traci Smith
Pat Colvard	Cheryl Gruger	Carol Lombard	Kaye Sodt
Karen Conway	Linda Hadley	Janet Love	Bruce and Candace Spong
Kathy Countryman	Cindy Hand	Mary Manning	Ellen Suffern

THANK YOU SPONSORS!



John Mathis
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Ruth Westra
Phyllis Olson
Dorothy Willet
Janet Penny
Greg and Judy York
Joyce and Donald Peterson
Leslie Zech
Gwendolyn Piercey
Anonymous Donor
Carol Pope
Patricia Prentice

Programs, Services, & Partnerships Helping Older Adults



The mission of the Old Friends Club is to cultivate joy in the lives of adults with cognitive challenges and nourish the well-being of family caregivers.

In Home Care Registry

Are you looking for some support in or around your home, or know someone else that is?

Services available might include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance and much more!

Click [here](#) for to visit the programs & services section of our website for more information or to view the list. It is available in person at the Camano Center front desk Monday through Friday 8 a.m.–4 p.m.

Camano Center

Medical Transportation Program

The Camano Center's Medical Transportation program is a vetted network of volunteer drivers dedicated to providing transportation assistance to those who need it most. By becoming a volunteer driver or contributing as a program donor, you can make a meaningful difference in the lives of others.

Your support enables us to ensure that older adults living beyond the regular fixed-route bus service, those

How to Join Old Friends Club

Although both of our club days are currently full, we encourage you contact the Camano Center at (360) 387-0222 to schedule a time to stop by for a visit to see if Old Friends Club is the right match for you and your family member and get added to our waitlist.



without access to a car, or individuals who may be living alone and in need of a safe ride to a medical appointment, receive the assistance they require.

Join us in supporting independence, health, and quality of life for our community members. Together, we can make a positive impact, one ride at a time!

**Contact Angie Bayley for more
information or to register for
the program.**

(360) 387-0222

Snow Goose Transit

Connecting Older Adults

Snow Goose Transit is a “flex route” service. A flex route service allows us to pick people up from their front door, if you have mobility issues. The deviation request must be scheduled 48 hours in advanced.

You can schedule a deviation by contacting their office at (360) 629-7403 ext. 101 between 8:00 am and 5:00 pm (Mon-Fri). The buses have room for several passengers and two wheelchairs. Service is provided to Camano Island, Stanwood, Angel of the Winds Casino, Arlington, and Smokey Point.



Durable Medical Equipment Lending Program



Camano Center loans certain types of medical equipment to residents experiencing a temporary or permanent disability. There is no check out system. If you see something you need, take it and bring it back whenever you are done using it.

Equipment Donations Welcome: We are always seeking donations of gently used durable medical equipment such as wheelchairs, walkers, crutches, canes, shower chairs and commodes.

Lending Closet Locations: 2nd Chance Thrift Shop, 1335 WA-532 or visit Camano Center, 606 Arrowhead Rd, Camano Island.

For more information call (360) 387-0222



Sharing is Caring

Caregiver Support Group

Are you caring for someone with Alzheimer’s or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with cognitive or memory impairment.

The group meets the 3rd Wednesday of the month at 10:30 a.m. at the Camano Center. Caregivers may come with or without spouse or partner. There is no cost to participate.

Ensure Plus

Liquid Nutritional Supplements

Service provided in partnership with
Island Senior Resources.



Eligibility

Doctor's prescription is required.
Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Cost

Meals are provided "by-donation" and clients pay what they can. Donations are needed to keep the program running. Suggested donation \$30/case of twenty-four.

How do I obtain Liquid Nutrition Supplements on Camano Island? Contact Angie Bayley, at the Camano Center at (360) 387-0222 for assistance.

You will need to provide a prescription from your doctor and complete an intake form.

Stanwood Camano Food Bank

27030 102nd Ave NW, Stanwood

The Stanwood Camano Food Bank functions as a grocery store model where their members can come in and shop with assistance from volunteers! They are open for food distribution on Wednesdays from 10am-3pm, and Saturdays from 10am-2pm.

The food bank provides a wide variety of foods including basic staples and canned foods, as well as fresh produce, dairy products, meat, bread, baby food and diapers when available.

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+. There are open for Senior Serve every Thursday from 11am-12pm. Appointments are required for shopping at Senior Serve. Click [here](#) to make an appointment to shop!



Nikki Turner

**Aging & Disability
Resource Program
Specialist**

**Wednesdays
9 a.m. to 4 p.m.
at the
Camano Center**

Aging and Disability Resources for Camano Island

NWRC Aging & Disability Resource Program Specialists provide information, referrals, and assistance in obtaining services that support independence, dignity, and health of older adults and people with disabilities.

Phone (360) 428-1309

Email: adrccamano@dshs.gov



No one will be turned away because they cannot pay. Checks or cash are accepted; no debit/credit cards. For further information, call (360) 387-0222 or email Lars Wengren.

camanokitchen@islandseniorservices.org

Call Monday, Wednesday or Friday by 10 a.m. for Meals on Wheels changes or for meals to go.

If you would like more information on the Meals on Wheels program or to sign up for the first time, call Emily MacCormick, Meals on Wheels Assessor at (360) 672-6416.

Community Lunch is served Monday, Wednesday & Friday. Please be seated by 11:45 a.m.

**Monday, Wednesday & Friday
Community Lunch is prepared by
Island Senior Resources in
partnership with the
Camano Center.**



January Lunch Entrée

1	Wed	Meal Site Closed
3	Fri	Chicken Tortilla Soup w/Celery
6	Mon	Quiche Lorraine
8	Wed	Spaghetti Bolognese
10	Fri	Broccoli Cheddar Soup
13	Mon	Beef Patty Cheese Burger
15	Wed	Vegetable Curry w/ Tofu
17	Fri	Split Pea and Ham Soup
20	Mon	Meal Site Closed
22	Wed	Macaroni & Cheese w/Bacon
24	Fri	Roasted Butternut Squash Soup
27	Mon	Focaccia Pepperoni Pizza
29	Wed	Chicken Tikki Masala
31	Fri	Sausage Minestrone Soup

Meals on Wheels Information

Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home at noon by friendly volunteers. Provides essential human connection.

Client wellness checks provide information, resources, and a sense of security for family and loved ones.

For short-term and long-term needs. Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available.

Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Meals are provided "by-donation" and clients pay what they can.



Foot Care Clinic

Appointments are available on the 1st, 2nd, 4th Wednesdays at the Camano Center.

Fees are as follows:

\$35 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

(360) 387-0222

Notary Services Available

At the Camano Center

Bonnie Eckley, Executive Director is providing notary services free to Camano Center members and to non-members by donation. Please provide at least 24 hours notice by scheduling an appointment.

Appointments are available, most days, Monday –Friday 9:00 a.m.—4:00 p.m. by calling the

**Camano Center
(360) 387-0222**



Camano Center *Coffee Connections*

Members can now connect and enjoy free coffee at the Camano Center Monday through Friday 9 am until 2pm. Stop by and relax in our newly designed seating area. Read a book, work on a puzzle or visit with friends while enjoying a cup of coffee on us.



Sponsored By:



BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center

Join Us and Sign Up Today!

[A Better Solution In-Home Care](#)

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

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[Camano Animal Shelter Association \(CASA\)](#)

[Camano Arts Association \(CAA\)](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Home Care Aid Services](#)

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[Camano Island Dental Center](#)

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[Coastal Community Bank](#)

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Activities and Hobbies

At the Camano Center

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary, may be limited and there may be other participation requirements. Where applicable, when playing for money, Camano Center Membership is required.

Most activities are free of charge to current Camano Center members & non member charge for each activity is \$5.00 payable at the front desk at check-in.

Click on the activity title for more information on each activity or visit our calendar at camanocenter.org.

Click [here](#) to be directed to our calendar for more information on activities.

Check before you go. Schedule is subject to change.

Get Creative

Art & Sewing

Needle Works

Every Thu
9:00-11:00am
Location: Craft Room

We share projects, patterns, thoughts, support and laugh a lot!
Contact: Mary Beckham
(360) 387-6958

Paint Group is an all-medium paint community. Contact: Kitty Tanji for more information.
(425) 985-1319 (text only),
(360) 572-4123 or
email: dragoes@me.com.

Tuesday Paint Group

Every Tue
8:00-11:00am
Location: Craft Room

Friday Paint Group

Every Fri
12:30-3:30pm
Location: Craft Room

Mending Hearts Quilting Group

1st & 3rd Mon
8:00-12:00pm
Location: Craft Room

Open to all crafters. Work on your own project or work on disaster quilts. Fabric provided for disaster quilts.

Contact: Joan Huehnerhoff
(425)754-6620

Hero Quilters

3rd Wed
10:30-3:00pm
Location: Craft Room

We make patriotic quilts for wounded soldiers. Fabric & patterns are available for those with sewing experience. They are distributed through americanheroquilts.com.

Contact: Sharon Szekely
sharonsseams2b@yahoo.com

Get Strategic

Cards & Games

Mah Jongg

Every Mon
1/06/25-12/29/25
9:00-12:00pm
Location: Education Room
Mah Jongg is a game of skill, strategy and luck and is a lot of fun.

Contact: Melinda Brown
(360)387-2940





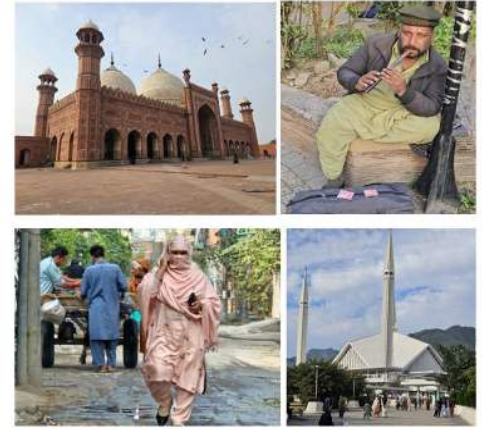
Do you like to travel? Do you like to share your travel experiences with others? If you do, then Travel Talk is for you!

**Travel Talk Friday, January 10th at the Camano Center
10 a.m. - 12 p.m.**

In January Listen as Tim shares his experience immersed in a culture with a fascinating history, a land of very different beliefs from his own, and countless surprisingly kind, warm, and giving people.

Free to attend for Camano Center Members.

TIM'S ADVENTURE IN PAKISTAN



Pinochle

Every Mon

1/06/25-12/29/25

12:30-3:30pm

Location: Education Room

Pinochle is a fast paced game that can provide hours of fun!

Contact: 360 387-1142

mjrauch@wavecable.com

Cribbage

Every Tue

1/07/25-12/30/25

1:00-4:00pm

Location: Library

Contact: Hilda Story

(425) 220-4562

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Contact: Marsha Kessler

(425) 350-8779

Duplicate Bridge

Every Thu

1/02/25-12/31/25

12:30-3:30pm

Location: Education Room

Contact: Mike Bloom

(425) 971-1379

Get Smart

Computer & Phone Help

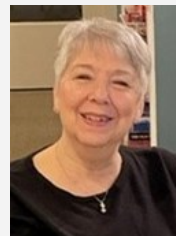
Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Sessions are 30 minutes with Wanda Hill. Call (360) 387-0222 or stop at the front desk to schedule with Wanda. Wanda will help with Windows operating system, MS Word, Excel, & Outlook. General Questions OK. No Macs or phones.



Macbook and iPad/iPhone

Tutoring

1st & 3rd Wed

1:00-2:30pm

Location: Library

Sessions are thirty minutes with Joyce Lukaczer. Bring you Mac laptop (or iPad or iPhone) with you. Email Joyce to sign up.



fact@msdeadlines.com

Get Curious

Special Interest



Camano Center Lending Library

All Weekdays

9:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home. Bring it back when you are finished. That's all you have to do.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Chat with a friend, read a book, work on a puzzle, or do some work with our free Wi-Fi. We look

(Continued on page 14)

(Continued from page 13)

forward to seeing you! Coffee is free to Camano Center members!

Friendship Tea

1st Tue
10:30-11:30am
Location: Education Room

“A cup of tea shared with a friend is happiness tasted and time well spent” – Anonymous
Contact: Connie Johnson
(360) 652-7211

Travel Talk

2nd Fri
10:00-12:00pm
Location: Jensen Room

Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Or enjoy travel vicariously? Each month we have a slideshow presentation of someone’s travels. Questions or if interested in presenting one of your trips contact Mark Kraus
(425) 503-9072

Get Vocal *Music Makers*

Camano Ukulele Ensemble

Every Mon
1:00-3:00pm
Location: Craft Room
Contact: Val Schroeder
(360) 387-2236

Music Group

Every Tue
1:00-3:15pm
Location: Jensen Room

We play specifically, vocal music with accompaniment & instrumentals. Types of music: Soft/light rock & roll, Folk, Blue Grass, Country, Show Tunes, Jazz, Hawaiian, Easy Listening and Classical.
Contact: Robin Widoff (707) 312-1112 for additional information or to participate.

Cowboys Music Group

Every Fri
1:00-3:45pm
Location: Education Room

The group is mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable. The group is managed by Lee Clemetson, Lois Giles and Jack Rensel. Camano Center members come to the Camano Center and once you start you can be added to an email contact list.

Get Active *Exercise & Fitness*

LIFT & Pilates/Yoga Fusion are taught by Carol Pope. 12-class punch card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

LIFT

Every Tue/Thu
7:00-8:00am
Location: Sundin Room

LIFT (Weight Conditioning)
Instructor: Carol Pope
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu
8:00-9:00am
Location: Sundin Room

Pilates/Yoga Fusion
Instructor: Carol Pope
(425) 344-9505

Yang Style Tai Chi

Every Wed
9:00-10:00am
Location: Education Room

The instructor uses standing Tai Chi and seated Tai Chi in the same class. They also do a lot of simple movements coupled with intentional breathing called Qi Gong.
Contact: Tom Hiegler
(360) 420-3426

Line Dancing Class

Every Wed
3:00-4:00pm
Location: Sundin Room

At our Line Dancing Lessons, we are all about fun and fitness rolled into one awesome experience! \$10/person or \$8/Camano Center Members
Instructor: Kari Dziejwiontkoski
(206) 375-4151



STAY ACTIVE & INDEPENDENT FOR LIFE

AT THE CAMANO CENTER



Stay Active and Independent for Life (S.A.I.L.) is an evidence-based strength, balance & flexibility fitness program for adults 65 and older.

- **It Works**

You will be stronger, have better balance and feel better.

- **It's Safe**

The instructors are experienced and skilled, and exercises have been tested with older adults.

- **It's Fun**

You will meet other older adults and make new friends.



Exercises can be done standing or sitting.



S.A.I. L. meets the highest criteria for an evidence based program.



Classes are offered 2-3 times a week.

Classes at the Camano Center are open to members.

Contact us for information on class availability.

(360) 387-0222

What's Age Got to Do With It?

It Takes a Village



Many cultures share a common proverb, "It takes the community/village to raise a child." When Hillary Clinton's book, *It Takes a Village*, appeared on the scene in 1996, reactions were mixed as to its meaning, with some people recognizing it as a message about the importance of community, and others misunderstanding it entirely as encouragement to bring about some imagined form of socialism. Rather, it was a call to recognize the extent to which we need one another, and the strength to be found in coming together in ways that make us all better together.

[Bing Videos](#) - "No Man Is an Island" The Lettermen

*"A village is a tapestry of hearts, woven with threads of care." **

This might be a good time to reconsider the proverb in light of the kinds of life enhancing support that being part of a community that has everyone's best interests at heart provides, no matter what your age.

There are many kinds of "community" that one might become a part of based on individual interests and needs – many of which can be found right here at the Camano Center.

[Bing Videos](#) - "Yes We Can Can"

The Pointer Sisters

Like to play real games with real people? Join a group like



bridge, pinochle, cribbage, canasta, or Mah Jongg. Love to read and share insights? Try Turning Pages book club. Just want to relax and chat in a welcoming

atmosphere enhanced with tea and treats? Check out Friendship Teas the first Tuesday of every month starting in January. More of a coffee drinker? Grab a cup from the Coffee Connections alcove and a comfy seat in front of the fireplace.



Want to share a favorite hobby or talent with others? Quilting, needlework, music and painting groups gather on a regular basis. Is gardening your passion? Volunteers keep Camano Center grounds lovely and inviting year-round.



*"A village is a garden where friendship blossoms in abundance." **

Need to spend time with others who have had a loss, or face personal challenges with memory, health, and mobility issues facing you or a loved one? Caring is Sharing and Old Friends Club offer just that.

[Bing Videos](#) - "Stand By Me" Ben E. King

*"In the village's embrace, challenges become stepping stones." **



How about letting someone else do the work of preparing delicious meals? Lunch at the Center on MWF offers both food and companionship, and Meals

on Wheels can bring no-work dining right to your home if you are unable to get out and about.

*"Within the village's circle, kindness ripples endlessly." **

Since you're reading this in the newsletter, you already have access to all of this information and much more. Just think of what your Camano Center "village" has to offer, and what your membership makes possible! So, don't just "sit at home feeling sad & lonely," come be a part of it all. We are here for you, and you can be here for others!



"Alone we can do so little, together we can do so much." — Helen Keller

[Bing Videos](#) -" We All Stand Together" Paul McCartney and The Frog Chorus

*-- from *It Takes a Village* by Hillary Rodham Clinton

Happy New Year!

*Connie Johnson
Board Member*

~2025~
Friendship Teas
"Bring a Friend – Make a Friend"
10:30-11:30
First Tuesdays
Camano Center

January 7
February 4
March 4
April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2

Call **CONNIE** (360) 652-7211 for more Information

**CAMANO CENTER'S
2ND CHANCE THRIFT**

2ND CHANCE THRIFT SHOP

Wednesday-Saturday
10:00 a.m.- 4:00 p.m.

Donations Accepted Thursday - Saturday
360.629.6142

2NDCHANCETHRIFTSHOP.ORG



Our Values

We behave with compassion, respect, and integrity. We foster an environment of inclusion and continuous growth. We act with a heart of service.

Our Vision

A community where older adults are empowered to live their lives to their fullest potential.

Our Mission

Create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community.

Contact Us

info@camanocenter.org
606 Arrowhead Road
Camano Island | WA | 98282
(360) 387-0222