

Be our STAR
this JULY



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*Camano Center Catering Staff
are preparing lunch
for Old Friends Club.*



HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA | 98282
(360) 387-0222
Monday – Friday | 9:00 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.

Board of Directors

Jeff Highland | President
Kathy Sanchez | Vice-President
Shirley Swanson | Treasurer
Connie Johnson | Secretary
Larry Carlstrom
Linda Hadley
Ken Johnson
Kelly Kraus
Darlene Miller
Michal Scott

Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director
Karen Conway | Programs Director
Kendall Faragher | Information Systems Manager
Cindy Hand | Development Director
Angie Bayley | Community Services Manager
Lisa Brents | Volunteer Services Manager
Juliane Abbott | Member Services Lead
Karen Bueschke | Bookkeeper
Adin Collver | Catering Director
Elaine Traversi | Hospitality Coordinator
Tina Dinzi-Pederson | OFC Program Coordinator
Cheryll Davis | OFC Program Assistant
Christine Longdon | OFC Program Assistant
Tom Clark | Maintenance Director
Sylvia Wentz | Thrift Shop Supervisor
Nicole Conover | Assistant Thrift Shop Supervisor
John Cross | Thrift Shop Receiving
John Schulz | Thrift Shop Receiving
Mickey Reed | Cleaning Team
August Cavanaugh | Cleaning Team

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

May 11– June 10

Appreciation

Anonymous Donors
—*2nd Chance Thrift Shop*

Anonymous Donors
—*Friendship Tea*

Austin Gail Austin & Richard
Hestekind
—*Painting Group*

Jo Anne Burklund
—*Medical Rides*

Sandra Clemetson
—*SAIL Program*

General

Pat Clark and Carol Hoeksema
Crow Edward and Donna Crow
Elder Robin and Glen Elder
Ellis John and Carol Ellis
Vincent & Amber Ferrese

General

Marilyn and Walter Grosjean
Connie and Nick Johnson
Jill Johnstone
Anonymous Donor
Steven and Norma Knopp
Mark and Kelly Kraus
Gene Puhmann and Jane Morris
Shields Betsy Shields
Duane Simshauser

WE'RE DOING
MORE WITH YOUR
SUPPORT
thank you
***** FOR YOUR *****
DONATION

DONATE YOUR VEHICLE!



The Camano Center has connected with Donate for Charity, Inc. enabling donors to make a significant contribution to their favorite nonprofit.

Click [HERE](#) or call us at the Camano Center at (360)-387-0222, if you are interested in learning how easy it is! Donate for Charity accepts cars, trucks, motorcycles, RVs, boats and airplanes!

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

Welcome New Members!



Left to right: Genelly Carranza, Evonne Haskins, Robyn Lee, Carol Ellis, John Ellis

CAMANO SENIOR SERVICES ASSOCIATION

ANNUAL MEMBERSHIP MEETING

"Get Connected"



MONDAY, JULY 22

Members have the opportunity to:

- ☒ Meet the board of directors that govern our organization.
- ☒ Ask questions and offer comments.
- ☒ Vote on items of importance to our organization.

3:00 PM

ALL MEMBERS ARE ENCOURAGED TO ATTEND!

Need to renew your membership? We can help!

Camano Senior Services Association

The Camano Center

Agenda for Annual Membership Meeting

July 22, 2024

3:00pm

- **Call to Order and Welcome**
- **Approval of Minutes of 2023 Annual Membership Meeting, July 25, 2023**
(Review last year's minutes on [Page 6](#))
- **Camano Center Moment**
- **President's Report**
- **Finance Committee Report**
- **Endowment Committee Report**
- **Board Development Committee Report**
- ***ad hoc* Facilities Committee Report**
- **Executive Director's Report**
- **Questions and Comments from Members**
- **Old Business**
- **New Business—Election of members to the Board of Directors**
- **For the Good of the Order**
- **Adjournment**

CSSA Annual Membership Meeting Minutes from the July 24, 2023 Membership Meeting

Welcome and Call to Order: The Annual Membership Meeting of the Camano Senior Services Association was called to order at 6:00 pm by President Jeffrey Highland. Nine board members, Executive Director Bonnie Eckley, and a good turnout of the membership were in attendance.

Approval of Minutes: A motion for approval of the Annual Membership Meeting of June, 2022 as published was made, seconded, and unanimously passed.

President's Remarks: President Jeff Highland recognized the notable increase in income over the past year due in large part to Executive Director Bonnie Eckley's prudent use of assets; the beauty of the grounds due to efforts of volunteers and staff; and the continued dedication of all concerned to striving for quality. He especially noted Bonnie's role as "Cheerleader-in-Chief," a visionary leader taking the Center forward into a sustainable future. Her designation of "Businesswoman of the Year" reflects how well-respected she is in the Stanwood/Camano Community. Staff, volunteers, and donors were also recognized for their valuable contribution to the well-being of the organization. Camano Center is now recognized as being among the best senior centers in the area, putting us well on our way to meeting our goal of becoming the premier senior center in the region.

Treasurer's Report: Upon Treasurer Shirley Swanson's presentation of the Treasurer's Report, a question regarding increases in expenses was raised. The previous year's closure due to COVID, as well as added staff positions needed to implement increased

programming at the Center and 2nd Chance were given by way of explanation. Answers to further questions regarding the finances of the Center revealed that it is in the best financial shape in years, with enough to cover at least eight months of fully staffed operations, cover infrastructure maintenance costs, and more.

Endowment Committee Report: Committee Chair, Larry Carlstrom explained that the purpose of the Endowment Committee is to ensure the long-term viability of Camano Center. Currently, funds are being professionally managed by Charles Schwab. Committee members Larry, Kelly Kraus, and Shirley Swanson are working on an updated investment strategy. The True Endowment fund stands at \$240,000, which is a great start. The long-term goal is to reach \$1,000,000.

Strategic Plan 2022-2025 and Executive Director's Report: Executive Director Bonnie Eckley reported on progress made in meeting the 2022-2025 Strategic Plan goals, and on overall accomplishments of the past year. Several of the Strategic Plan Goals have been met, resulting in the following highlights:

Goal 1: Develop and implement impactful programming that meets the needs of older adults in our community.

Falls prevention is identified by the fire department as the most needed by seniors on the island, so once again, Camano Center is fulfilling its vision and mission of serving our older community. Two new falls prevention programs are now being offered:

SAIL (Stay Active and Independent for Life, an evidence-based exercise class designed by the Department of Health and Administration on Aging)

OTAGO (lower impact with support of a physical therapist)

(Continued on page 7)

Additional programs addressing the needs of older adults include:

AMP (Aging Mastery Program) from which four classes have graduated

Social Dementia Program providing adult respite care in partnership with the Old Friends Club

Goal 2: Create a marketing and promotions strategy.

Reinstatement of the New Member Lunches

Refreshed signage

County signs changed to read Camano Center

Updated brochures and Ambassador program

Held a number of events

Goal 3: Increase income by 10% per year for 3 years.

2nd Chance Thrift Shop increased open and donation days – and has been named one of the top thrift shops in the state, and best in the Stanwood/Camano area.

Increases in individual and business memberships

Focus on growing the endowment funds

Star Campaign

Auction

Goal 4: Ensure adequate personnel levels to support operations.

New staffing includes an Administration Assistant for Medical Transportation, an Assistant Supervisor for the thrift store, and a Coordinator and an Assistant for the Old Friends Club.

Goal 5: Increase collaborations and partnerships with other community organizations.

Two-fold: Partnerships and Collaborations

Dementia Support NW

National Council on Aging

Northwest Regional Council

Chamber of Commerce

Island Senior Resources

Craft Bazaar

Arrowhead Ranch

Grant Writing

Bonnie has continued to be active with grant writing, resulting in a number of successful outcomes. Among them have been the securing of funds from federal, county, and other sources to address issues relating to COVID, needed replacements of flooring and entry doors, and scholarships, supplies, training, and other costs for the SAIL program.

Questions/Comments: Betsy Shields asked pertaining to Goal #1 if there were any hope for bringing back the Trips & Tours. Bonnie explained that it is just too expensive to maintain the bus. She is meeting with the Executive Director of Lincoln Hill to explore the possibility of partnering with them to join their trips.

Betsy noted that she loves the website and applauds Kendall for its accessibility. She asked if QR codes could be included. Consensus is that web links seem to be more helpful. The online format has saved considerable money. The possibility of mailing out copies again one day is being explored.

More programs will be added as can be afforded.

Old Business: None

New Business: Election to the Board of Directors. In accordance with the bylaws, elections of members to the Board of Directors for the coming year were held by written ballot. Jeff Highland and Ken Johnson were re-elected to the board for 3-year terms. Prospective new member Darlene Miller was elected for a 3-year term.

Adjournment: The meeting was adjourned at 7:00p.m. by President, Jeff Highland.

*Submitted by
Connie Johnson
Board Secretary*

The Wonderland Gala

18th Annual Gala Auction
Benefiting the Camano Center
Saturday, September 28, 2024
Doors Open at 5:30 p.m.

Save the Date

Tickets on Sale 9.3.24
Limited Tickets Available
CAMANOCENTER.ORG



Gala LIVE Auction Donation Wish List

Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles
- Dinner Party or BBQ
- Lesson or Session with Professional
- Fly Over
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours

Home & Garden

- Outdoor Furnishings/Décor
- Interior Design Services
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help

Sports & Equipment

- Electric Bikes
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders, Storm)

Dining & Entertainment

- Restaurant Gift Certificates
- Hotel Gift Certificates
- Theater or Concert Tickets
- Local Adventures

Personal Items

- Beauty or Spa Certificates
- Boutique Gift Certificates
- Pet Services
- Floral/Bouquet Deliveries

A Magical Night of Giving: The Wonderland Gala Awaits



Join us on September 28, 2024, for an unforgettable evening at our 18th annual "The Wonderland Gala." This event combines elegance, entertainment, and philanthropy to support the Camano Center. As our largest

fundraising event, your support is vital!

Enjoy a thrilling live auction featuring unique items, local art and experiences donated by local businesses and individuals. Our lively auctioneer, Ian Lindsay, and renowned artist, Jack Archibald, as emcee, will make the evening exciting and engaging.

Savor a delicious, seated dinner prepared by Adin Collver and our Camano Center Catering Team, with delectable hors d'oeuvres and specially crafted beverages.

Here's how you can help:

- Purchase your seats online starting Tuesday, September 3rd, before they sell out (early ticket sales for our Emerald Circle Members and Sponsors begin August 26th).
- Donate items or experiences for our **Live Auction**—see our wish list for ideas. Explore sponsorship opportunities.

Join us for "**The Wonderland Gala**" to create cherished memories, forge new friendships, and make a meaningful impact. Your presence and support are greatly appreciated.

For more information, contact Cindy Hand, Development Director, at

chand@camanocenter.org or 360-387-0222, and visit www.camanocenter.org/gala.



Be our STAR this JULY

All donations make a difference! Please support our Programs and Services and get a handmade STAR or CLOCK in return!



- ★ Every donation to our STAR Campaign automatically enters you for a chance to WIN a unique handmade STAR! The drawing deadline is 7/31/24.
- ★ Donations of \$500 OR MORE qualify you to choose a handmade CLOCK of your liking!
- ★ Donations exceeding \$1,000 will receive a special handmade STAR as a token of our appreciation!

(Thank you to our generous friend of Camano Center for making and donating these beautiful gifts)

www.camanocenter.org/donate

Programs, Services & Partnerships Helping Older Adults

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!

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 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

Foot Care Clinic

Appointments are available on
the 1st, 2nd, 4th & 5th 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





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.

Ensure Plus *Liquid Nutritional Supplements*

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?

The liquid Nutritional Supplement Program is provided through Island Senior Resources. 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.

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 9am–4pm.



2024 SENIOR FARMERS MARKET DEBIT CARDS



If eligible, you will receive \$80 worth of produce for the market season.

Debit cards are valid June 1 - October 31.

ALL CARDS HAVE BEEN ALLOCATED FOR THIS SEASON.

ADD YOUR NAME TO A WAITING LIST BY CALLING (360) 321-1600



Camano Center Coffee Connection

Members can now connect and enjoy free coffee at the Camano Center Monday through Friday 9am 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:



Josephine
Caring Community
One Heart. Many Hands.



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 at (360) 387-0222.



**Monday, Wednesday & Friday
Community Lunch and Meals on
Wheels home delivered meals,
are prepared by Island Senior
Resources in partnership with
the Camano Center.**



Aging and Disability Resources for Camano Island



Nikki Turner

**Aging & Disability
Resource Program
Specialist**

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



Donations accepted. 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 Emilly MacCormick, Meals on Wheels Assessor at (360) 672-6416.

July Lunch Entrée

1	Mon	Teriyaki Chicken
3	Wed	Hot Dog on a Bun w/Onions
5	Fri	Turkey Pesto Wrap
8	Mon	Cheesy Burger Casserole
10	Wed	Scalloped Potatoes w/Ham
12	Fri	Asian Chicken Salad
15	Mon	Quiche w/Bacon
17	Wed	Beef & Broccoli Stir Fry
19	Fri	Ham & Cheese Sandwich on Rye
22	Mon	BBQ Pulled Chicken on Brioche
24	Wed	Pork Loin w/Apple Chutney
26	Fri	Chicken Caesar Salad
29	Mon	Cheesy Cattle Drive Casserole
31	Wed	Spaghetti w/Meatballs

Camano Center and NWRC Join Dementia Friends Washington as Regional Co-Leads for Island County

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, Dementia Friends helps communities across the world understand what dementia is and how it affects people. Dementia Friends Washington, led by the UW Memory and Brain Wellness Center, is working to coordinate this educational effort in Washington State.

The Camano Center and NWRC (Northwest Regional Council) have been asked by Dementia Friends Washington to co-lead the outreach effort for Island County, with Camano Center focusing on Camano Island. Three Camano Center staff members and one volunteer have been trained to facilitate the 60-minute Dementia Friends Information sessions in our Camano Island community.



Our trained facilitators for Camano Island: Tina, Christy, Kathryn and Karen

What is covered in a Dementia Friends Information Session?

Information sessions are focused on:

- **What dementia is (and the most common type)**
- **Five key messages about dementia**
- **Communication tips and strategies**

- **Ways to take action**
- **Resources and support**

How do I host a Dementia Friends Information Session?

Anyone can become a Dementia Friend! You are a Dementia Friend after you attend a Dementia Friends Information Session. If you are interested in hosting a session for your organization, business, club, group, school, etc., contact the Camano Center to find a date and time that works for your group. There will also be a Dementia Friends Information Session held at the Camano Center on Friday, July 19th from 10:00a.m.-11:00a.m. Help us make our community more dementia friendly by joining the movement with us!

Interested in Attending or Hosting a Dementia Friends Information Session?

Contact: Karen Conway or Tina Dinzi-Pederson
at the Camano Center 360-387-0222
kconway@camanocenter.org or
tdinzlpederson@camanocenter.org



**120,000 people live with dementia
in Washington State**



**297,000 people care for someone
living with dementia**



**Dementia Friends is one of the world's largest social
movements on any disease with more than 18
million Dementia Friends in 50 countries, including
the USA.**

Become a Dementia Friend

Free 60-Minute Information Session - All are welcome



Session Information:

The Dementia Friend Information Session will be at




The Camano Center

606 Arrowhead Road

Friday, July 19th, 10:00 a.m. - 11:00 a.m.

RSVP to 360-387-0222 by 7/17

Receive information about:

-  Dementia and the most common type
-  5 key messages to know
-  Communication tips and strategies
-  Ways to take action
-  Resources and support



CamanoCenter
Get connected.



**Dementia
Friends
Washington** 

A Dementia Friendly America initiative

OLD FRIENDS CLUB®

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.

Old Friends Club News

We missed our friends and weekly connections during the Camano Center maintenance closure the third week in June! Some of us have been together for almost an entire year (our club's one year anniversary is in July) and we've formed relationships and look forward to sharing time together each week. Even if we may not remember names or faces, we recall the good feeling that we experienced together in club!



Summer weather and abundant gardens provided us with beautiful flowers for our Ikebana inspired flower arranging activity this month. The colorful

blooms and individual designs brightened up the room!



We have a few spaces available for new club members on Tuesdays in our Old Friends Club, social model day respite program. If you are interested in a visit to the club to see if it is the right match for your family member, please complete an Initial Inquiry Form, by clicking [here](#) and our staff will be in touch with you.

If you are interested in finding out more about volunteering with our Old Friends Club program, please reach out to Lisa Brents, Camano Center Volunteer Coordinator at lbrents@camanocenter.org

Have any other questions about Old Friends Club? Give us a call at (360) 387-0222.



BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center



Connect with the Community & Support the Camano Center

Non-Profit Business Member Highlight



This month we are shining the spotlight on The Stanwood Lions Club as a non-profit business member of the Camano Center.

They have been serving our community since 1941.

They fundraise to support local initiatives like foodbanks, clinics, and senior centers, and provide eyeglasses and hearing aids to those in need.

Join them in making a difference!



We Serve

Join Us and Sign Up Today! [Business Membership Form](#)

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

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

[Beard Financial Group](#)

[CASA – Camano Animal Shelter Association](#)

[CAA – Camano Arts Association](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Coastal Community Bank](#)

[Cross Country Mortgage](#)

[Designs Northwest Architects](#)

[Jared D. Johnson – Edward Jones](#)

[Ronald A. Kennedy – Edward Jones](#)

[Elite Interiors & Design, LLC](#)

[Enviro-Con Landscaping Materials, LLC](#)

[Family Resource Home Care](#)

[Friends of Camano Island Parks \(FOCIP\)](#)

[Good Knight Homes - North48 Real Estate](#)

[Heritage Bank](#)

[Homewatch Caregivers](#)

[Island Harvest Farm](#)

[Jan Mather – Camano Island Expert - Windermere](#)

[Josephine Caring Community](#)

[Land Title and Escrow](#)

[Law Office of Dale Wagner](#)

[Law Offices of Julie M. Herber](#)

[Massage on Camano](#)

[McPherson Pest Control](#)

[Northwestern Mutual](#)

[Our Legacy Fields](#)

[Paws and Wings Place](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Shirley A. Swanson, EA – Tax Preparation](#)

[Shoebox Baking Company](#)

[SLM Financial Services](#)

[Social Dance Simplified](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

[State Farm Insurance – Leslie Tripp Agent](#)

[Vidor & Associates, Inc.](#)

[Visual Photography with Tara Howard](#)

[Windermere Real Estate / C.I.R.](#)

Snohomish Conservation District

Enlisting Insects for Soil Health

I've always struggled to love insects. And I'll admit, I am judging a book by its cover: their shiny carapaces, their eerie antennae, and their chaotic movements all give me a case of the heebie jeebies. Yet, after reading [Farming with Soil Life: A Handbook for Supporting Soil Invertebrates and Soil Health on Farms](#), I'm finding a new appreciation for these creepy crawlies (and other soil life too!)

While microbes usually get most of the attention, soil fauna (or animals) are vital for breaking down organic matter like manure and making the nutrients more accessible to plants. Soil fauna also improve soil structure by mixing nutrients into the soil and by facilitating the movement of air, water, and roots through the soil.

One insect that perhaps deserves more of our attention is the dung beetle. While I always pictured dung beetles [rolling around manure balls](#) in African grasslands, they exist in Washington state too, and they aren't always rollers.

In fact, did you know that...

[Dung beetles](#) are classified into three groups based on their "food relocation behavior":

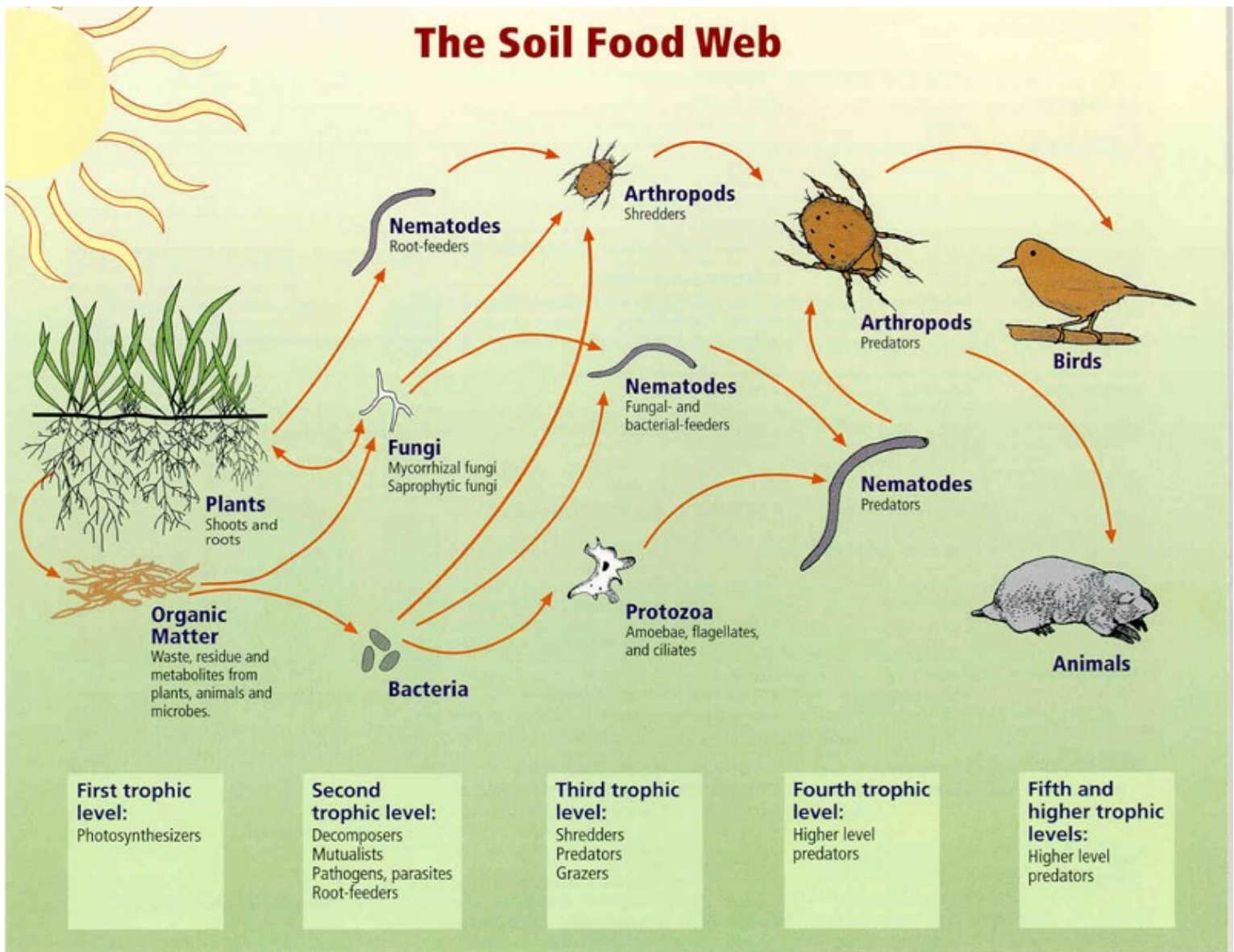
- Paracoprids: "tunnelers" who nest underneath the manure, drawing manure below the soil surface.
- Telecoprids: "rollers" or "tumblers" who move part of the manure away from the original location and bury it.

- Endocoprids: "dwellers" who nest inside the manure.
- Sometimes dung beetles steal manure balls from others!
- By burying and feeding on dung, these beetles [help soil health](#) by breaking manure down quickly, cycling nutrients, mixing up soil particles, and improving water infiltration rates. Ultimately, dung beetle activity may benefit downstream water quality.
- Dung beetles have also been found to decrease manure pathogen and pest populations:
 - ◆ For example, on grazed pastures, dung beetles can reduce pathogenic nematodes and flies.
 - ◆ [Another study](#) found dung beetles help rapidly process manure on vegetable farms and can reduce pathogenic *E.coli* from swine manure (a few sites included in the study were in Washington state!)



Unfortunately, like many other soil invertebrates, dung beetles are heavily impacted by pesticides, particularly those used to treat livestock for parasites (parasiticides). A [research study](#) on organically-managed farms found a higher diversity of dung beetles and faster manure breakdown when compared to conventional

The Soil Food Web



Relationships between soil food web, plants, organic matter, and birds and mammals
 Image courtesy of USDA Natural Resources Conservation Service
http://soils.usda.gov/sqi/soil_quality/soil_biology/soil_food_web.html.

farms. For tips on how to continue treating cattle for parasites while also protecting dung beetle populations, see Washington State University's helpful extension article. On the plus side, managed grazing, such as rotational systems, can increase dung beetle populations and diversity by influencing manure concentration and distribution and improving pasture forage [health](#).

To learn more about the many interesting organisms that provide soil health benefits (although, be forewarned, not all of them are as "charismatic" as the dung beetle) and how to avoid practices that negatively affect them, check out the Xerces publication "[Farming with Soil Life](#): A Handbook for Supporting Soil Invertebrates on Farms." On pages 117-123 you'll find a list of practices from the Natural Resources Conservation

Service (NRCS) that support soil organisms.

This project (WQC-2022-SnohCD-00101 Nutrient Runoff Reduction From Agricultural Lands in Snohomish County) was made possible through a Centennial Clean Water Fund grant through the Department of Ecology.

*Chase O'Neil
 Snohomish Conservation District
 Farm Planner*

Activities and Hobbies

At the Camano Center

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary and 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.

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 quilt, knit, crochet, do embroidery, and more. We share projects, patterns, thoughts, support and laugh a lot!

Contact: Mary Beckham
(360) 387-6958

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

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

Contact: Sharon Szekely
sharonsseams2be@yhoo.com

Paint Group 1

Every Tue

8:00-11:00am

Location: Craft Room

Paint Group 2

Every Fri

12:30-3:30pm

Location: Craft Room

Paint Group 1 & 2 are an all medium paint community. Group Contact: Kitty Tanji
(425) 985-1319 (text only),
(360) 572-4123 or
email: dragoes@me.com.

Get Smart

Computer & Phone Help

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Call the Camano

Center or schedule in person with Wanda.



Covers Windows OS, MS Word, Excel and Outlook, No Apple products. Remember to bring your laptop.

Macbook and iPad/iPhone

Tutoring

1st Fri

1:30-3:00pm

Location: Library

Call the Camano

Center or schedule

in person with Joyce. Covers Mac laptop, iPhone & iPads. Come with questions and your device.



Get Strategic

Cards & Games



Mah Jongg

Every Mon

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.

Cribbage

Every Tue

1:00-4:00pm

Location: Education Room

Group Contact is Hilda Story
(425) 220-4562.

Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

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

Contact: Mary

Rauch mjrauch@wavecable.com

(360) 387-1142.

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Hand and Foot is a multi-player game that requires strategy, skill, and a bit of luck.

Contact: Patt Bass (415) 283-7929

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Myrna Corcoran

(360) 770-4197

Get Curious *Special Interest*



Camano Center Lending Library

All Weekdays

8:00-4:00pm

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. This library is managed by volunteer librarians.

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

Reading list is from the Sno-Isle library. Contact: Janet Penny
(360) 403-5502

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?

Contact: Mark Kraus

(425) 503-9072

Friendship Tea

1st & 3rd Tue

10:30-12:00pm

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

Full of Words - A Writing Circle at the Camano Center

Tuesdays

7/16/24-8/20/24

10:30-12:00pm

Location: Conference Room

We will use a timed writing

(Continued on page 22)

COMPUTER HELP

Free to Camano Center Members

Tech Tips

Tuesdays

10:00 -12:00pm

Sign up at the front desk for a 30 minute tutoring session with Wanda Hill. All questions welcome. Tutoring covers Windows operating system, MS Word, MS Excel and outlook. Sorry, no phones or Macs. Bring your laptop.

Macbook and iPad/iPhone Tutoring

1st Fri of the Month

1:30-3:00p.m.

Sign up at the front desk for a 30 minute private Q&A and tutoring session with Joyce Lukaczar. Apple Products only. All questions welcome! These sessions are intended to meet you where you are in your relationship with your Mac laptop, iPad or iPhone and to help make the technology more useful to you, however you want to use it.



(Continued from page 21)

process to help open the door to telling our stories and to uncovering the themes we each want to write about. [Register at the front desk](#). Space is limited. Contact: Joyce Lukaczar fact@msdeadlines.com

Get Active

Exercise & Fitness

LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

LIFT (Weight Conditioning)

Instructor: Carol Pope (425) 344-9505 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.

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Instructor: Carol Pope (425) 344-9505 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.

Yang Style Tai Chi

Every Fri

11:00-12:00pm

Location: Education Room

Instructor: Tom Hiegler

I use standing Tai Chi and seated Tai Chi in the same class. We also do a lot of simple movements coupled with intentional breathing called Qi Gong.

Stay Active and Independent For Life Fall Prevention Program

Phone the Camano Center or stop by the front desk to be added to the call list and you will be notified

when there is space available in one of the classes.

(8 A.M.) Stay Active And Independent For Life (SAIL)

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

(9 A.M.) Stay Active And Independent For Life (SAIL)

Every Mon/Wed/Fri

9:00-10:00am

Location: Sundin Room

Class is at capacity.

(10 A.M.) Stay Active and Independent for Life (SAIL)

Every Mon/Wed/Fri

10:00-11:00am

Location: Sundin Room

Class is at capacity.

(9:15 A.M.) Stay Active & Independent for Life

Every Tue/Thu

9:15-10:15am

Location: Sundin Room

Class is at capacity.



FULL OF WORDS

Tuesdays from 10:30 a.m. to 12:00 p.m.
A Writing Circle at the Camano Center

WE START JULY 16, 2024

FACILITATED BY JOYCE LUKACZER
FACT@MSDEADLINES.COM

Free to Camano Center Members

Register at the front desk. Space is limited to 8 (including the facilitator) writers per session.

(10:15 A.M.) Stay Active & Independent for Life

Every Tue/Thu
10:15-11:15am
Location: Sundin Room
Class is at capacity.

(11:15 A.M.) Level 1 Stay Active and Independent for Life (SAIL)

Every Tue/Thu
11:15-12:15pm
Location: Sundin Room
This is a seated class for the mobility challenged.

Line dancing class

Every Wed
3:00-4:00pm
Location: Sundin Room
At our Line Dancing Lessons, we're all about fun and fitness rolled into one awesome experience! No need to bring a partner – just bring yourself and maybe a few pals for good measure. Our lessons cover everything from Country to Top 40, Hip Hop to Swing, and even a sprinkle of the unexpected. Yep,

we've got something for everyone!

Instructor: Kari Dziewiontkoski
\$10/person or
\$8/Camano Center Members
Pay Instructor

Get Vocal *Music Makers*



Camano Ukulele Ensemble

Every Mon
1:00-3:00pm
Location: Craft Room
Contact: Val Schroeder

Acoustic Music Group

Every Tue
1:00-3:15pm
Location: Jensen Room
Acoustic non-amplified musical instruments (except for bass guitar). We play specifically, vocal music with accompaniment & instrumentals
Contact: Robin Widoff
(707) 312-1112

Country Western Music Group

Every Fri
1:00-3:45pm
Location: Education Room
The genre will be mostly western classics, cowboy, and similar classic folk. All acoustic, except for the basses. We mostly play and sing together rather than the lead being passed around the circle as in a music jam. Come to the Camano Center. Once you start you can be on an email contact list.

What's Age Got to Do With It?

Stacking the Odds

"In old age the mind casts off rebelliously the eagle from its crag."



William Carlos Williams, MD, 1883–1963, Puerto-Rican American physician and poet.

You may have noticed that just because we have

reached what used to be called our "Golden Years," life doesn't really get all that much easier. As a matter of fact, the challenges just keep coming.

Recently, we were asked to take over management of our small well association. Immediately, we were faced with the need to deal with issues inherent in an aging well that affects all four of the homeowners who rely on it. Being total novices at this sort of thing, we've had to adapt to a myriad of circumstances that have required us to learn and grow in ways we never expected.

This is the kind of experience that really raises your awareness of how important it is to develop the ability to adapt to changing circumstances. Professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice, H. Gilbert Welch, MD explores this in his forward to *Enlightened Aging: Building Resilience for Long Life* by Eric B. Larson, M.D. and Joan DeClaire.

It's not a new topic, even for this column, but still, I'd like to share some of his insights with you in hopes that you will find them as comforting and encouraging as I have. <https://www.youtube.com/watch?v=CHPZDu51hxM>

ACCEPTING and ADAPTING

"How we feel about experiences has something to do with what we expected in the first place."



EVERYTHING CHRISTMAS SALE!

*Proceeds Benefit
the Camano Center*

2ND CHANCE THRIFT SHOP

Saturday, August 17
09:00 AM - 3:00 PM
Camano Center
606 Arrowhead Road
Camano Island, WA

2ndchancethriftshop.org



Accept – not by dwelling on, but not by denying either – aging. Realistically, this requires us to modify our expectations somewhat, making success more possible. <https://www.dewolfmusic.com/search.php?id=27945216&code=lvnUkN>



BOUNCING BACK – RESILIENCE “You don’t procure resilience; you build it” by taking charge and filling three important reservoirs: Mental – Physical – Social.” Avoid passivity. Get engaged. Get informed.

BUILDING RESERVIORS

“Having reserves is critical to adapting to the changing circumstances that accompany aging.”



Think of it as a savings account of sorts; or like filling the woodshed for a long winter ahead. Assuring “excess capacity” makes it much more likely that you will be able to weather the challenges you face as time goes by.

<https://singersroom.com/songs-about-resilience/#:~:text=%E2%80%9CEye%20of%20the%20Tiger%E2%80%9D%20by,Ryan%20Tedder.>



STACKING THE ODDS (in your favor) “There are no guarantees in this life (except death).

No matter how closely you follow this advice, you

may still experience an event you cannot bounce back from. That’s why reading a book like this is important, filling your reservoirs with ideas for how you can best to cope with whatever age brings.

For more about how Dr. Larson has put his years of research and experience into practice by establishing

things like The Alzheimer’s Disease Patient Registry; spearheading the Adult Changes in Thought (ACT) study; and receiving

recognition from the National Institute on Aging (NIA), here's a review of the book itself. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6443353/>



In his own words, “But of course, knowledge alone is not enough for ‘enlightened aging’. We must also have the foresight to act on what we know.”

Connie Johnson
Board Secretary

10:30 a.m. – 12:00 p.m.

~2024~
FRIENDSHIP TEAS
“Bring a Friend – Make a Friend”
Come for Tea & Treats
STAY FOR A GOOD VISIT WITH FRIENDS
(Both Old & New)
1ST & 3RD TUESDAYS
Contact: **Connie 360-652-7211**

February 6th & 20th
March 5th & 19th
April 2nd & 16th
May 7th & 21st
June 4th
July 2nd & 16th
August 6th & 20th
September 3rd & 17th
October 1st & 15th
November 5th & 19th
December 3rd & 17th

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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
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Camano Island | WA | 98282
(360) 387-0222