

# Camano CONNECTIONS

June 2023

COME EAT, DRINK AND  
SING-A-LONG  
with  
MAMMA MIA!

Saturday, July 8th 4-7pm

\$25 minimum donation

\*includes taco bar, dessert and two beverages

-All proceeds support the Camano Center-



\*Must be 21+ to attend

**PURCHASE TICKETS BY  
JUNE 30TH**

Click here to: [Purchase Ticket](#)

## June Highlights

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*Scenes from the Camano Center walking  
trail. Submitted by Bonney Lemkin,  
Camano Center Member.*





## Board of Directors

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

## 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.

## Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director  
Karen Conway | Programs Director  
Kendall Faragher | Information Systems Manager  
Cindy Hand | Donor Relations Director  
Angie Bayley | Administrative Assistant  
Lisa Brents | Volunteer Services Manager  
Karen Bueschke | Bookkeeper  
Adin Collver | Catering Director  
Linda White | Hospitality Coordinator  
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  
Julia Parker | Cleaning Team  
Mickey Reed | 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.



# Camano CRAB DASH

**5K Family Fun Run / Walk**

**Saturday, June 24, 2023**



**Benefitting the programs & services the Camano Center offers to older adults**

- Early Bird Price: \$25 run only or \$40 run w/shirt.
- Chipped timed by BuDu Racing
- Beautiful Course!
- \$80 Family (4-6 family members) Does not include t-shirt.
- Kids 8 and under are free. Does not include t-shirt.
- Senior price (65-105) \$20 Run/Walk or \$35 Run w/shirt.
- Shirts available for purchase.
- Dogs on leash & strollers welcome
- Pre-run warm up by Camano Fit
- Race packet pick-up at the Camano Center 7 a.m. race day & Friday, June 24th 10-4.
- Awards
- Early registration discounts end June 11.
- Online registration closes on Tuesday, June 21.

**Register [here](https://runsignup.com) at runsignup.com**

# Programs, Services & Partnerships Helping Older Adults

## *Stanwood Camano Food Bank*

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. Their address is 27030 102nd Ave NW, Stanwood.

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.

If you need immediate assistance with food or basic needs please call 360-629-2789 during the hours of: 7:30am to 4:30pm Monday through Saturday.

## Sharing is Caring —Support Group

Are you caring for someone with early-stage 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 mild cognitive or memory impairment. Group meets 3<sup>rd</sup> Wednesday at 11:00 at the Camano Center. Call the Center for more information 360-387-0222.

Caregivers may come without the person they are caring for. Person with dementia needs to come with a caregiver or partner. The group is geared toward



early dementia clients (for example, the person with dementia needs to be able to self-manage toileting and have ability to engage in verbal conversation).

*Karen Conway  
Programs & Development*

## Foot Care Clinic



## Call the Camano Center to schedule an appointment.

Appointments are available on the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Wednesdays at the Camano Center.

Fees are as follows:

\$35 toenails

\$6 fingernails

Checks accepted, cash preferred when possible.

**(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 at 360 387-0222. Ask for the office manager to schedule your appointment.



## 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 advance.

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 pro-

gram 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 Kendall Faragher, at the Camano Center at 360.387.0222.

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

## Otago Program Update!

The Otago Program was launched at the Camano Center in May to a full class of students.

This evidence-based strength and balance program is shown to reduce falls and fall related injuries among older adults and the current class is already

seeing advancements in strength! If you are wanting to begin an exercise program but have limited mobility, or are hesitant in getting started for any reason, this could be the class for you! Openings may be available as early as July 6<sup>th</sup>. Call the Camano Center 360-

387-0222 to be added to the Otago Class interest list and you will get a call from the instructor, Traci Smith, to confirm that the class is the right match for you.

Classes will be held twice a week on Tuesday and Thursday at 11:00a.m.

## Home Care & Household Services

### *Local Help & Services for Older Adults*

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 the most current list of service providers. The list is also available in person at the Camano Center front desk Monday through Friday 9 am–4pm.



## 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 and this month's coffee sponsor:





## Welcoming Friends, Enriching Lives

Plans are moving forward for a summer launch of the first Old Friends Club in Island County here at the Camano Center! Staff and volunteers will be trained this month by Dementia Support Northwest (a non-profit organization focused on educating people about dementia-related diseases and supporting caregiving partnerships).

Old Friends Club empowers community-based organizations like the Camano Center to offer tangible, life-changing support to people living with dementia and those who care for them. The friends and family of those with dementia are, by far, the leading providers of dementia care. So much depends on them, and they need our support. Studies show proven effectiveness and benefits of these programs, including promoting the resilience that caregivers need to continue offering care at home.

Old Friends Club is a place of friendship and belonging for those living with dementia, where they share life together through conversation, music, art, games, exercise, and a meal. While they enjoy

the Club, caregivers have reliable respite – practical chunks of time to recharge and tend to other needs.

A typical five-hour program at Old Friends Club includes:

- Low-impact social time to encourage group engagement and support
- Small group setting with 2 to 1 ratio of participant to experienced staff and volunteers
- Light physical activities
- Art and other creative projects
- Group-oriented games and other forms of cognitive stimulation
- Lunch, snacks, and light refreshments throughout the day

### Who are these programs for?

While the need for respite endures throughout the progression of a diagnosis, Old Friends Club does not provide medical services, health monitoring, or medication assistance and is designed around socialization settings. This means that participants need to be able to self-administer medications, participate in a small-group setting, and be able to self-toilet or wear adult undergarments.

### Program Basics

- Our program is one day a week, for 5 hours per day.
- This social respite programs is built on the same small-group dynamics that underpin support group systems, and caps our program at 12 participants.
- To ensure that scheduled respite is not prevented by an al-

ready-full program for the day, program participation (termed “program membership”) is maintained on a monthly-basis, ensuring that your loved one's spot is always saved.

- Program fees are based on an all-inclusive rate of \$425 per month.

Program fees are prorated for partial months for new program members. Flat rate program membership fees include funds for program supplies/activity costs as well as a daily lunch and snacks. If you carry Long Term Care Insurance, check with the provider to see if day program services are a covered benefit. Please inquire about scholarship fund if cost is a barrier.

### How to Join

Limited space results in the need for an application process that begins with filling out the Initial Inquiry Form, and submitting it along with your contact information to reserve your spot on a program waitlist.

Fill out an [INITIAL INQUIRY FORM](#) Your form may also be sent to us via email [info@camanocenter.org](mailto:info@camanocenter.org), or mailed (606 Arrowhead Road, Camano Island, WA 98282).

Camano Center's program staff will contact you to continue the application process.

**Have other questions about Old Friends Club? Give us a call!**

*Karen Conway  
Programs Director*



**Community Meals served onsite  
Monday and Wednesday!**

## Meet the Monday Lunch Crew



Left to Right: Lise Corriveau, Ann Barbas, Ernie Major,  
Adin Collver, Irene Bergstrom, Lars Wengren  
Not Pictured: Thelma Moore & Nancy Martineau



## Island Senior Resources

### Aging & Disability Resource Specialists

Aging and Disability Resources  
for Camano Island available Mondays at  
the Camano Center.

Island Senior Resources Main Number  
**(360) 321-1600**

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](mailto:camanokitchen@islandseniorservices.org) .

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

## June Entrée

2	Fri	Chicken Caesar Salad
5	Mon	Meat Lovers Pizza
7	Wed	Hawaiian Teriyaki Chicken
9	Fri	Ham & Cheese Wrap
12	Mon	Beef Taco Bake
14	Wed	Tender Salmon w/Lemon
16	Fri	Steak & Blue Cheese Salad w/Tomatoes
19	Mon	MEAL SITE CLOSED
21	Wed	Ham & Vegetable Quiche
23	Fri	Sub Sandwich
26	Mon	Tender Fish & Chips w/Tarter
28	Wed	Pork Loin/Caramelized Apples
30	Fri	Turkey Club Wrap



# Senior Farmer's Market Produce Debit Cards are Coming!

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

Eligible low-income seniors will receive a debit card worth \$80 to purchase fresh fruits and vegetables at authorized farmers markets.

## Who Is Eligible? (Must meet all three criteria):

1. Island County resident
2. Age :60+ for non-Native Americans, 55+ for Native Americans
3. Income: Up to \$2,248/ month for 1 person or Up to \$3,040/ month for 2 people. For larger households, add \$792 per person.

## How Do I Apply?

Applications will be accepted as of May 8. You can either go to our website [www.senior-resources.org/nutrition/overview](http://www.senior-resources.org/nutrition/overview) and apply online, or

download and mail the application to us, or call **(360) 321-1600 ext. "0"** to get more details about how to pick up an application. Debit Cards and funds are limited so please call soon.

We will be mailing out your debit card once we have all the necessary information. Debit cards are good through October, depending on the Farmer's Market seasonal time frame.

## Participating Markets

A list of participating authorized farmers markets and farm stores will be posted at [www.senior-resources.org/nutrition/overview](http://www.senior-resources.org/nutrition/overview) when available and a list will be included with the mailed debit cards.

**Look for this sign at markets:**

**WIC & SENIOR**

**Farmers Market Benefits WELCOME HERE!**

USDA & Washington State Sponsored Farmers Market Nutrition Program

Washington State Department of Health

Washington State Department of Social & Health Services

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MAY BE REDEEMED BY  
SENIORS ONLY

DOH 960-107 October 2019 For persons with disabilities, this document is available in other formats. Please call 800-525-0127 (TTY 711) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

# The Camano Chemist

## *Food & Drugs*



I have heard that certain foods can interact with medications, is this true?

There are many incidences of foods affect the absorption of some medications. Let's discuss the most common interactions that occur, as well as general food and drug absorption issues.

First, and one of the most common

interactions with medications is food containing high levels of Calcium with dairy products being highest on the list (Milk, Cheeses, and Yogurt).

Several antibiotics, including the Tetracyclines (Doxycycline) and Quinolones (Cipro) will bind with Calcium in the gut and lower the amount absorbed into the body. This can lead to not having levels of medication to be effective in your body. Thyroid medications can also be rendered less effective with either Calcium or Iron present in the stomach when these medications are taken. The solution is to take these medications an hour before, or two hours after these foods to avoid the interaction. Be aware there are also non-food sources of Calcium including vitamins and some antacids (i.e.: Tums), that should also be taken apart from these medications. Eggs are not

considered dairy products for this discussion.

Second, grapefruit and its juice can actually increase the levels of some absorbed medications. Calcium Channel blockers used for high blood pressure can have their blood levels increased for those who eat grapefruit, resulting in increased tiredness and low blood pressure. The most commonly affected Calcium Channel blockers are Nifedipine and Felodipine. Statin medications used to treat high cholesterol can also have their blood levels increased with the most commonly prescribed being Atorvastatin and Simvastatin. An occasional grapefruit or glass of its juice is not a big concern, however if you have this as a part of your routine diet, let your doctor know, as a dose adjustment may be necessary.

Third, Warfarin ( a blood thinner) can have its affects lessened when taken with a diet high in leafy green vegetables. It is not to say you cannot have these foods, just in moderation. It is important to have blood tests (ProTime) while taking Warfarin to monitor your dosage for possible adjustment. Be as consistent as you can with your diet while on Warfarin. Additionally, watch for vitamin K levels in any vitamins you take, as this will also lessen Warfarin's effect.





# A match made in health care

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Fourth, ACE (angiotensin Converting Enzyme) inhibitors (Lisinopril and others) can raise the potassium level in the blood stream. If these levels get elevated, it can affect the heart beat and become dangerous. Foods high in potassium should be eaten cautiously (bananas, dried fruits, sweet potatoes). Be aware that many salt substitutes contain high amounts of potassium and should be avoided.

Finally, there are some medications that should always be taken on an empty stomach, including Penicillin, thyroid, and Alendronate, typically 1 hour This is



all food for thought, if you are not sure if your medication interacts with your specific diet, please discuss with you doctor or pharmacist.

Mark Phibbs  
Retired Pharmacist  
& Camano Center Member

## Camano Center Donors

Donations received  
April 11 - May 10

### Appreciation

Anonymous Thrift Shop Customers  
Josephine Gilchrist—Meals on Wheels Support  
Jill Johnstone—Traci Smith and SAIL Class  
Tami Smith-Losey—Camano Center Facility Rental  
Teri Swarner and Mike Harris—Thrift Shop  
Candyce Sylling—Medical Ride  
Anonymous—Medical Lending Closet

### General

Patricia and Hiram Bronson  
Gina and Greg Crumbaker  
Karen Dougherty  
Vincent and Amber Ferrese  
Marilyn and Walter Grosjean  
Connie and Nick Johnson  
Anonymous  
Kelly and Mark Kraus  
Paul Savoie and Myrna Corcoran  
Betsy Shields  
Duane Simshauser  
Michael and Doris Taylor  
Phil and Candy Trautman  
Carol Triplett

### In Memory

Joyce Christiansen —In memory of Oliver Cox  
John & Linda Hadley—In memory of Lynn Corrigan

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.

Camano Center 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. (Except where noted).

Click on the activity title for participation information for each group.

Click [here](#) and be directed to our calendar. Schedule is subject to change.

## Get Connected

### *General Activities*

#### Duplicate Bridge

Every Thu  
12:30-3:30pm  
Contact: Myrna Corcoran  
(360) 770-4197

#### Mah Jongg

Every Mon  
9:00-12:00pm  
Contact: Melinda Brown  
(360)387-2940

#### Pinochle

Every Mon  
1:00-4:00pm  
Contact Mary  
Rauch [mjrauch@wavecable.com](mailto:mjrauch@wavecable.com)  
or (360) 387-1142

#### Cribbage

Every Tue  
1:00-4:00pm  
Group Contact is Hilda Story  
(425) 220-4562.



#### Hand & Foot Canasta

Every Wed  
1:00-4:00pm  
Contact: Marsha Kessler  
(425) 350-8779

#### Camano Center Library

All Weekdays  
9:00-4:00pm  
Camano Center features an honor system lending library.

#### Tech Tips

Every Tue  
10:00-12:00pm  
At the Camano Center  
(360) 387-0222 for appointment.

#### Weekly Friendship Tea

Every Tue  
10:30-12:00pm  
Contact: Connie Johnson  
(360) 652-7211.

#### Camano Center Book Club

2:30-3:30pm  
The Camano Center Book Club meets the first Wednesday of the month. Contact: Janet Penny  
360-403-5502

## Get Creative

### *Art & Sewing*

#### Needle Works

Every Thu  
9:00-11:00am  
Contact: Mary Beckham  
(360) 387-6958

#### Watercolors

Every Fri  
11:00-2:00pm  
Contact: Sheila Tonne  
(360) 926-8995



#### Mending Hearts Quilting Group

1st & 3rd Mon  
9:00-12:00pm  
**Contact:** Joan Huehnerhoff  
425-754-6620

#### Paint Group

Every Tue  
8:30-12:30pm  
Contact: Joyce Dunn  
(425) 446-2777

#### Hero Quilters

3rd Wed  
10:30-3:00pm  
Contact: Sharon Szekely  
[sharonsseams2be@yahoo.com](mailto:sharonsseams2be@yahoo.com)





## Pickleball Demo Tuesday, June 6 12:30 p.m.—1:30 p.m.

The Camano Stanwood Pickleball Association will be conducting a demonstration of the fasted growing sport in the US!

Where? At the Camano Center!

This sport is recommended for all ages, but especially for older adults. Come take a look and see about playing!

## Get Active *Exercise & Fitness*

### LIFT

Every Tue/Thu  
7:00-7:55am  
LIFT (Weight Conditioning)  
Instructor: Carol Pope  
(425) 344-9505

### Pilates/Yoga Fusion

Every Tue/Thu  
8:00-8:55am  
Pilates/Yoga Fusion  
Instructor: Carol Pope  
(425) 344-9505

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

Mon/Wed/Fri  
9:00-10:00am  
Mon/Wed/Fri  
10:00-11:00am  
Mon/Wed  
2:00-3:00pm  
Tue/Thu  
10:00-11:00am

### Otago: Fall Prevention Program (Session 1A)

Every Tue/Thu  
5/09/23-6/29/23  
11:00-12:00pm  
Call the Camano Center  
360-387-0222 to be added to the  
interest list.

### Social Dance Simplified

Every Fri  
4:00-5:00pm  
Instructor Kari Dziewiontkoski  
Cost of each dance class is \$15 and  
\$10 for Camano Center mem-  
bers. For information or to regis-  
ter for the class contact Kari at  
[karidz.ski@gmail.com](mailto:karidz.ski@gmail.com)

## Get Vocal *Music Makers*

### Camano Ukulele Ensemble

Every Mon  
1:00-3:00pm  
Contact: Val Schroeder:  
360-387-2236

### Country Western Music Group

Every Fri  
1:00-3:45pm  
Contact: Lee Clemetson  
(425) 308-4037

### Using Your iPad as Your Song Book

Every Mon  
12:00-12:45pm  
Group Contact: Lee Clemetson  
425 308-4037

### Acoustic Music Group

Every Tue  
2:00-4:00pm  
Contact: Robin Widoff  
(707) 312-1112



# A Message From Your Board President



the 40th anniversary of the creation of the non-profit Camano Senior Services Association, which is the official name of the Camano Center.

Alan Turing, the British mathematician, computer scientist, and philosopher, wrote: "We can only see a short distance ahead, but we can see plenty there that needs to be done." As the Board and staff carefully considered the

role of the Camano Center in the community, in the context of the post-COVID environment, the founding purpose of the Camano Center as a senior services association, and a new Strategic Plan, it became clear that the organization could best serve the community by focusing on the needs of older adults. Thus a new Vision for the Camano Center emerged. Our Vision is a community where older

*(Continued on page 18)*

One year ago this month, in June 2022, the Board of Directors of the Camano Center approved a new Vision Statement for the organization. At that time, the Center was rebounding from the COVID-years, and the Board and staff had been seriously reconsidering the role of the Camano Center in serving the needs of the local community. Coincidentally, the Board was also revisiting the current Strategic Plan, which was slated to be rewritten by the end of the 2022 fiscal year. It should also be noted that 2022 included a festive celebration of

## Welcome New Members!



*Lunch Attendees (In no particular order): Skye Rubright, Connie Pedersen, Gregory Crumbaker, Regina Crumbaker, Sherri Kepler, Valerie Jolly, Mimi Biermann, Yumi Overson*

JanMather@windermere.com

JanMather.com

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**Jan Mather**  
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# Pathways of Dementia

## Guest speaker:

Kelsey Wood, Dementia Support Specialist,  
Northwest Regional Council

**Tuesday, June 13th**

**2:00-3:30 pm**

**Camano Center, 606 Arrowhead Road**

Join us for a presentation for caregivers or community members supporting people with dementia. We will explore how the brain changes with dementia, what to expect as things progress, and how to maintain your stride as a care partner walking alongside someone with dementia.

Information on local support resources will also be available, including an overview of the "Old Friends Club", respite day program starting at the Camano Center this summer.



**CamanoCenter**  
*Get connected.*

360-387-0222 | [www.camanocenter.org](http://www.camanocenter.org)

# *Camano Senior Services Association*

## *Minutes of the Annual Membership Meeting*

### *July 25, 2022*

**2023 Annual Membership Meeting**  
**Monday, July 24**  
**6:00 PM**  
**Camano Center**

**All members in good standing are encouraged to attend.**

**Call to Order and Welcome**—The 2022 CSSA Annual Membership Meeting, held at the Camano Center, 606 Arrowhead Road, Camano Island, was called to order by President Kathy Sanchez at 6:00pm on July 25, 2022. She welcomed those present and introduced members of the Board. Bonnie Eckley introduced members of the staff.

Board of Directors present were: President Kathy Sanchez; Vice President Marilyn Grosjean; Secretary Jeff Highland; Treasurer Bruce Spong; Bonney Lemkin; Connie Johnson; Ken Johnson; Linda Hadley; Shirley Swanson. Michal Scott and Mark Phibbs were excused.

Ex-officio member of the Board of Directors present: Bonnie Eckley

There were 19 CSSA members in attendance, in addition to Board members.

**Approval of Minutes**—The Minutes of the of the 2021 Annual Membership Meeting of June 26, 2021 were unanimously approved, as published.

**Camano Center Moment**—Bonnie Eckley used a personal visit to the home of a senior on the island to illustrate her hopes for the anticipated Camano Coffee Bar at the Camano Center. Bonnie noted that Center is in the process of creating a hospitality

room which would be a gathering place for older adults each morning, with opportunities to socialize and share interests.

**President's Report**—Kathy Sanchez began her report by stating that the past year could be characterized by the words “renew and refresh”. Recognizing the hard work of professional staff and committed volunteers, Kathy noted that Center has reorganized and restarted many of its programs. The Board of Directors engaged in a guided strategic planning process in the Spring of 2022 to update the Vision, Mission, Values, and Strategic Goals of the Center. The recommitment to the original Mission of the CSSA, with older adults as the center of programming and activities, will provide a clear and empowering focus for all those engaged in implementing it. Using PowerPoint visuals, Kathy then presented the revised Vision, Mission, Values, and the five Strategic Goals of the 2022-2025 Strategic Plan.

**Treasurer's Report**—Using PowerPoint visuals, Bruce Spong presented financial results “in a nutshell”. He compared Revenues and Expenses for CSSA over the past four years, illustrating the significant improvement in the finances of the Association over this period of time. As an example, in FY 2019, the Association had a Net Ordinary Income of minus \$71,659; in FY 2022, the year just ending, the Association had a net positive income of \$112,168. Both the True Endowment and the Quasi Endowment ended FY 2022 with a 12.2% decline over the previous year; the endowments now total \$42,077.67 and \$182,487.00 respectively. Bruce noted that long-term investments are more volatile than other investments.

**Communications Committee Report**—Bonney Lem-



kin, who has been Chair of the Communications Committee since 2017, reported on the many accomplishments of the Committee over the past several years. Among these are the introduction of an informative website; a growing presence on social media with currently over 2000 followers; and finalizing a video which will live on the website linking the Center to Island life. These and others reflect the growing confidence and financial stability of the Camano Center as it emerges from the pandemic. Goals for the future include an effort to increase membership and build excitement around programs and messages. She concluded by saying that everyone needs to know “what the Camano Center is and what it does for our community”.

**Board Development Committee Report**—Jeff Highland, Chair of the Committee, reported that the Committee managed its regular housekeeping duties, which included collection of Conflict of Interest Statements, updating the Board Roster, and updating the packet of information for prospective Board members. In addition, the Committee organized a Board “learning session” focused on legal requirements for nonprofits. Using a Nonprofit Legal Checklist, a document prepared by *Communities Rise: Partners for Thriving Organizations*, the Board found many areas where the Center is engaged in best practice. Bonnie Eckley identified several items for attention. Finally, using its approved process for identifying, vetting, and nominating new Board members, the Committee recommended two individuals for election to the Board of Directors—Larry Carlstrom and Kelly Kraus.

**Donor Development Committee Report**—Kathy Sanchez, Chair of the Donor Development Committee, thanked all donors and other community supporters for their continued support of the Camano Center. Donors have supported the Center through memberships, Emerald Circle, the Annual Gala Auc-

tion, Giving Tuesday, individual charitable giving, and the annual campaign. The Center is reaching out to the community by developing strategic partnerships; through newsprint, digital and social media; through the Ambassador program; through volunteerism; and through increased and new programming, such as the Aging Mastery Program.

**Executive Director’s Report**—Bonnie Eckley, Executive Director of CSSA, spoke in some detail about the highlights of the past year. Following the end of restricted operations due to health and safety concerns relating to COVID, the Center has been fully opened--from 9:00am to 4:00pm Monday through Friday for several months. Services to older adults included medical transportation, safety-check phone calls, provision of medical equipment, Meals-on-Wheels deliveries, and case management referrals for seniors. Center-sponsored events included the Crab Dash, the yearly Auction, and the periodic Camano Catering Lunch, among others. The 10-week Aging Mastery Class graduated its first cohort

*(Continued on page 24)*



**2ND CHANCE THRIFT SHOP**  
**Christmas**  
**In July**  
**Saturday JULY 29<sup>TH</sup>** | **GARAGE SALE**  
**at Camano Center**  
**9a.m. to 4 p.m.**

*(Continued from page 14)*

adults are empowered to live their lives to their fullest potential.

In the last year, the Camano Center has embraced this new Vision with vigor and creativity, knowing that much “needs to be done”. The Center has sought out and begun collaborations with a number of governmental and community programs of proven quality to provide opportunities to support healthy aging, independence, and well-being of older adults our community.

I will mention just a few here. SAIL (Stay Active & Independent for Life), administered by the State Department of Health, is a fitness program for those over 65, focusing on balance, strength and flexibility to prevent falling. Traci Smith, a certified SAIL trainer, offers classes each day with nearly 150 folks now participating.

The Aging Mastery Class, created by the National Council on Aging, is an educational program that empowers people to “cultivate health and longevity.” Over the last year, the program has offered four

10-week sessions to nearly 100 participants.

Partnering with Island Senior Resources, the Camano Center now has a part-time, in-person Aging

and Disability Resource case manager to assist with access to services. The ISR partnership also supports the Meal-on-Wheels program and in-person community meals, service of which will be extended to three days each week beginning in September.

The most recent new partnership is with Dementia Support NW, which will bring an Adult Day Program for scheduled caregiver respite back to the Camano Center. Called the Old Friend’s Club, this program is now offered in 10 cities in Washington State, and through this partnership the Camano Center will have access to all of the resources and training opportuni-

ties offered by Dementia Support NW.

Information about all of these quality partnership programs, as well as others focusing on education, fitness, and social interaction for seniors can be found on the Camano Center webpage. There is indeed much that must be done to empower older adults on our island community to age well and enjoy life. The new Vision of the Camano Center points the way and challenges us to succeed in this important work.

*Jeff Highland  
Board President  
& Camano Center Member*

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

**2ND CHANCE THRIFT SHOP**

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**10-4**

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# THE GARDEN GALA

SATURDAY, 9.23.23

AT 5:30 P.M.

17TH ANNUAL GALA AUCTION  
BENEFITING THE CAMANO CENTER

TICKETS ON SALE 8.28.23  
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## Thank You 2023 Camano Crab Dash Sponsors



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# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*



Your Support Matters! With your help as a Business Member we can do more in offering a variety of community-enhancing programs, such as educational, recreational and wellness activities to support and enrich the lives of older adults in our community. Join Us and Sign Up Today!

[Business Member Form.](#)

For more information contact Cindy Hand  
[chand@camanocenter.org](mailto:chand@camanocenter.org) or call (360) 387-0222

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## CSSA Annual Membership Meeting

Attention all  
Camano Center Members!

Meeting  
Monday, July 24, 2023  
6:00 p.m.  
At the Camano Center

All Camano Center  
members are encouraged  
to attend.

Would you like to address  
the board of directors or  
the general membership?

Members in good standing  
have a voice and a vote.

See you all there!



Where shopping & giving unite  
A digital account is needed to participate in Fred Meyer Community Rewards.

If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward Camano Senior Services Association.

Click [here](#) for more information.

# What's Age Got to Do With It?

## *The Best of Times*



These responses from a group of 12 seniors ranging in age from 71-88 when asked the question, **“What was (or is) the best decade of your life?”** made me pause and reflect...

“Though many of our participants pointed to their favorite decades in the past, there was also a general sense that the so-called golden years really are golden. ‘Freedom from worry, struggle — this is the best decade of my life,’ said Eugene, 80, one of the participants. ‘People should look forward to the future,’ said Francis, 83. ‘I’m just going to make memory after memory.’ ”



### ***How would you answer?***

While you think about it, why not take a trip down memory lane listening to “our” generation’s thoughts on the subject?

### **“These Are The Good Old Days”**

<https://www.youtube.com/watch?v=3MeVzVnKa4Q>

<https://www.nytimes.com/interactive/2023/04/10/opinion/older-americans-focus-group.html?smid=url-share>

These are the good old days  
This is the best time of my life  
The best I've ever known  
And it won't ever be the same again

These are the good old days  
And when my clothes are out of style  
And life is slowing down  
I know what I have done...

--Albert Hammond (1975)

### **“In My Life”**

<https://www.youtube.com/watch?v=N0tOm2mjWAw>

There are places I'll remember  
All my life, though some have changed  
Some forever, not for better  
Some have gone and some remain...

--The Beatles (1965)

### **“Time in a Bottle”**

<https://www.youtube.com/watch?v=dO1rMeYnOmM>

If I could save time in a bottle  
The first thing that I'd like to do  
Is to save every day 'til eternity  
passes away

If I could make days last forever  
If words could make wishes come true  
I'd save every day like a treasure...

--Jim Croce (1973)



“Mama told me to make a special point to remember the best times of my life. There are so many hard things to live through, and latching on to the good things will give you strength to endure, she says. So I must remember this day. It is beautiful and this seems like the best time to live and the best place.”

--Nancy E. Turner



## "The Best of Times"

<https://www.youtube.com/watch?v=iDwy8Vb72f0>

Our memories of yesterday will last  
a lifetime

We'll take the best, forget the rest  
And someday we'll find these are  
the best of times

These are the best of times...

--Styx - *The Best Of Times* (1980)



"Whether it's the best of times or the worst of times, it's the only  
time we've got."

--Art Buchwald

*Connie Johnson  
Board Member*

## "Let's Live For Today"

<https://www.youtube.com/watch?v=G5NtzB-voZo>

We were never meant to worry the  
way the people do

We'll take it nice and easy, and use  
my simple plan

We'll take the most from living,  
Have pleasure while we can...

--*The Grass Roots* (1967)



## "Don't Stop Thinking About Tomorrow"

[https://www.youtube.com/watch?v=SybgWaQy7\\_c](https://www.youtube.com/watch?v=SybgWaQy7_c)

If you wake up and don't want to  
smile

If it takes just a little while

Open your eyes and look at the day  
You'll see things in a different way



**Josephine Stanwood**  
*New Independent Living*  
Stanwood, WA



**Cascade Village at Smokey Point**  
*New Satellite Community*  
Marysville, WA

Don't stop thinking about  
tomorrow

Don't stop, it'll soon be here

It'll be better than before

Yesterday's gone, yesterday's  
gone...

--*Fleetwood Mac* (1977)

*Expected occupancy: Late 2024*

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*(Continued from page 17)*

of learners this summer, and a second cohort will begin in September. Art groups, musical groups, yoga, cribbage, bridge, sewing and quilting, book club, and mah jongg are examples of social groups and activities that used the Center in the past year. Paid rentals increased during the year. The Thrift Store was open three days a week and averaged \$2,600 in sales per day. Bonnie ended her report with comments about the future, noting that the new strategic plan provides a renewed focus on service to older adults. The FY 2023 budget is balanced. The Center will seek partners to help with events. The community will celebrate the 40<sup>th</sup> anniversary of the Camano Center at an open house on August 13.

**Questions and Comments**--There were no questions or concerns.

**Old Business**—There was no Old Business.

**New Business**—On behalf of the Board Develop-

ment Committee and the Board of Directors, Jeff Highland nominated the following individuals for election to the Board of Directors of the CSSA for three-year terms beginning on July 25, 2022: Kathy Sanchez, Connie Johnson, Larry Carlstrom, and Kelly Kraus. No other nominations were received from the floor. Paper ballots were distributed, collected, and counted by Jeff Highland and Ken Johnson. All were elected unanimously.

**For the Good of the Order**—Kathy Sanchez thanked all staff and volunteers for making the past year a success. She presented appreciation gifts to retiring Board members Bonney Lemkin (six years of service) and Mark Phibbs (one year of service).

**Adjournment**—The meeting was adjourned at 6:55pm.

The Board of Directors, including new members, met immediately following adjournment.

*Respectfully submitted:  
Jeff Highland, Secretary*

## 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 Mission

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

## Our Vision

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

## Contact Us

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