



**CAMANO CENTER  
CLOSED**

**For Maintenance**  
June 17 - June 21

**Sorry for the inconvenience**  
We will reopen Monday, June 24th

## June Highlights

Donations

[Page 3](#)

Message From Your Board President

[Page 4](#)

2023 Membership Meeting Minutes

[Page 6](#)

Programs & Services

[Page 10](#)

Maintenance Week Information

[Page 17](#)

Activities & Hobbies

[Page 18](#)

Camano Center Quilters

[Page 22](#)



## 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  
Garrett Allison | 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

*April 11- May 10*

## APPRECIATION

Anonymous Donors

—*2nd Chance Thrift Shop*

Anonymous Donor

—*Coffee*

Oren and Gay Campbell

—*SAIL*

Cliff Lindman & Elizabeth Christiansen

—*AARP Tax Service*

Linda & John, Jr. Hadley

—*Fresh Eggs*

Larry & Lovella Olberding

—*Medical Drives*

Sheila Smith

—*Medical Drives*

AAUW

—*Facility Rental Support*

## GENERAL

Pat Clark and Carol Hoeksema

Robin and Glen Elder

Vincent and Amber Ferrese

Marilyn and Walter Grosjean

Anonymous Donor

Connie and Nick Johnson

Anonymous Donor

Mark and Kelly Kraus

John and Karen Selle

Betsy Shields

Duane Simshauser

Phil and Candy Trautman

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](mailto:jabbott@camanocenter.org)

## Welcome New Members!



Left to Right: Mike Ulness, Timothy Hoffman, Maria Othman, Mary Phylpo, Jim Burke, Phil Karlberg

## A Message From Your Board President



Over the past two years, during my time as President of the Board of Directors of the Camano Center, I have written quarterly articles for this Newsletter. These articles showcased our Vision/Mission/Values by highlighting some of the creative,

collaborative, and empowering programs and services offered by the Camano Center to aging adults in our community. I wrote about the staff and volunteers whose energy and sustained commitment make our Center flourish. I spotlighted the positive impact that the 2<sup>nd</sup> Chance Thrift Shop is having on the local community.

In this article, I am focusing on the role and responsibilities of the Board of Directors. This is prompted by two things: 1) I have not yet featured the work of the Board of Directors in any of these quarterly articles; and 2) a few weeks ago, a member of the Camano Center approached me and inquired: “What exactly does the Board of Directors do?”

The Bylaws of the Camano Senior Services Association, which is the legal name of the Camano Center, establishes a Board of Directors of up to twelve individuals and charges it with the responsibility “to promulgate and enforce reasonable rules, regulations, and policies concerning the operation of the [Center].” Board members are elected by members of the Association at its annual meeting in late July of each year. Board members, all of whom are volunteers, serve a three-year term and can be elected to a second consecutive three-year term. The Board has established a process for identifying and vetting potential members, based on specific expertise that is needed to allow the Board to fulfill its responsibilities. The Board of Directors has established a set of expectations for Board membership; these include supporting the Vision/Mission/Values of the Camano Center and contributing “time, talent, and treasure” to

advance the work of the Center. The Board operates through committees, including the Finance Committee, Endowment Committee, and Board Development Committee. Officers of the Board are President, Vice President, Secretary, and Treasurer, each elected for a renewable one-year term. The Executive Director of the Center is an ex-officio member of the Board of Directors and participates in all Board discussions. The Board meets on the fourth Tuesday of every month; meetings typically last at least two hours.

The Board’s main responsibilities are setting the organization’s Vision, Mission, and strategic goals; hiring, supervising, and evaluating the Executive Director; and providing financial oversight. Other responsibilities include ensuring the effectiveness of programming, meeting legal and ethical operating standards and expectations for non-profits, and assuring stakeholder and community support. These are broad oversight functions, involving setting strategic direction and establishing accountability processes. The Board, following guidelines for best practice, leaves the duties of managing the operations of the Camano Center to the Executive Director, who has the authority and responsibility for allocating resources, managing staff, and overseeing daily operations.

As this fiscal year ends, the Camano Center, its Board of Directors, Executive Director, staff and volunteers are completing the second year of a three-year Strategic Plan. Bonnie Eckley, our Executive Director, will speak about the progress of implementing this Plan at the Annual Membership Meeting to be held at 3:00pm on Monday, July 22. The Board has already begun a process to update and extend the Strategic Plan. In particular, the Board and Executive Director are thinking about the future, and how to best position the Camano Center to be able to meet the expected needs of a growing population of aging adults on the Island. It continues to be my privilege to be part of these exciting conversations with other energetic and committed Board members.

*Jeff Highland*  
*Board President*



**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!**

# 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 2<sup>nd</sup> 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)

Additional programs addressing the needs of older adults include:

*(Continued on page 7)*



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.**

2<sup>nd</sup> 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

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](http://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



# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*



Connect with the Community & Support the Camano Center

## Non-Profit Business Member Highlight



**CAA**  
CAMANO ARTS ASSOCIATION

This month we're shining the spotlight on CAA (Camano Arts Association) as a non-profit business member of the Camano Center.

From supporting emerging artists to collaborating on community projects, the association's impact is felt far and wide. CAA has been supporting the Camano Center with donations of art and volunteer time at the Gala Auction for over 15 years!

**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](#)

[Hydrating Water, LLC](#)

[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.](#)

# 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.

## 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 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

\$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



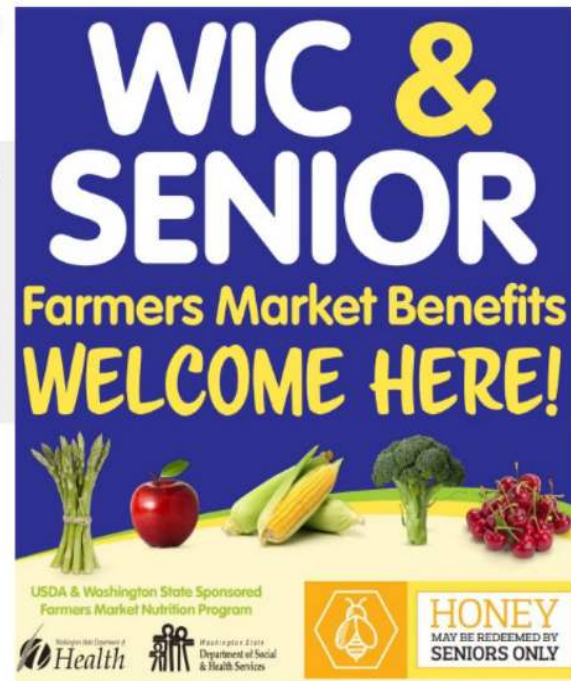
You are eligible if you meet all three of the following:

1. You are a senior, 60+ years old or 55+ if you are Native American
2. A Washington State Resident
3. Income is \$2322 or less per month for one person or Income is \$3151 or less per month for a couple.

If eligible, you will receive \$80 worth of produce for the market season. Debit cards are valid June 1 - October 31.

Limited supply. Apply soon.

**APPLICATIONS ARE AVAILABLE AT THE  
CAMANO CENTER**



## 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.**



*Left to Right: Carol Biegler, Robin Andersen, Lars Wengren,  
Joyce Peterson, Adin Collver, Harrilee Behrbaum*

## ***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](mailto:camanokitchen@islandseniorservices.org)

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

## **June Lunch Entrée**

<b>3</b>	<b>Mon</b>	<b>Ham &amp; Spinach Quiche</b>
<b>5</b>	<b>Wed</b>	<b>Chicken Ranch Sandwich</b>
<b>7</b>	<b>Fri</b>	<b>Chef's Salad</b>
<b>10</b>	<b>Mon</b>	<b>Taco Casserole</b>
<b>12</b>	<b>Wed</b>	<b>Meatloaf w/Tomato Topping</b>
<b>14</b>	<b>Fri</b>	<b>Curry Chicken Salad on a Roll</b>
<b>17</b>	<b>Mon</b>	<b>M.O.W. Only-No Lunch Service</b>
<b>19</b>	<b>Wed</b>	<b>Juneteenth-Meal Site Closed</b>
<b>21</b>	<b>Fri</b>	<b>M.O.W. Only-No Lunch Service</b>
<b>24</b>	<b>Mon</b>	<b>Shepherd's Pie</b>
<b>26</b>	<b>Wed</b>	<b>Spinach Lasagna w/Marinara</b>
<b>28</b>	<b>Fri</b>	<b>BLT Wrap</b>



# 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 19<sup>th</sup> 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](mailto:kconway@camanocenter.org) or  
[tdinzlpederson@camanocenter.org](mailto: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

### Our Garden Project Update

Our raised garden beds, donated by Paul and Kim Richer, are already producing beautiful radishes! Our volunteers and club members have been carefully tending the beds this past month; watering, weeding, thinning, and harvesting. Getting to enjoy the fruits of our labor has been a great source of joy and pride for our group, plus nothing beats garden fresh vegetables! We also have carrots, beans, peas, nasturtiums and zinnias in our garden beds.



*Harvesting and enjoying our garden bounty!*



### Tea Time

Our club members had the great pleasure of joining the bi-monthly friendship tea organized by Connie Johnson the first and third Tuesdays at 10:30 a.m.. The delicious pastries, lovely table settings, china and fresh flower arrangements made our time at the friendship tea feel elegant and special as we enjoy time socializing and sipping tea together.

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](mailto:lbrents@camanocenter.org)

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



*Sipping tea and savoring snacks at the colorful friendship tea on Tuesday.*

We are excited to announce that our center will undergo essential maintenance from June 17-21. During this period, the facility will be closed to allow for comprehensive cleaning and touch up interior painting. This work is part of our ongoing commitment to providing a safe, clean, and welcoming environment for all our members.

## What to Expect:

Deep cleaning and sanitization of all common areas, including restrooms, dining areas, kitchen, floors, and activity rooms. Dusting high, hard to reach areas with the rental of a lift. Repairs and replacement of chairs, tables, furniture, doors, etc. Touch up paint inside in most areas. New signage above doors, restrooms, and exits.

## Impact on Services:

The senior center will be completely closed during the maintenance week. All scheduled activities, classes, and events will be temporarily suspended. Meals on Wheels and other essential services will continue without interruption. Please contact us if you have any specific concerns regarding your service.

## Reopening:

The center will reopen on Monday, June 24, looking better than ever and ready to welcome you back with a refreshed atmosphere. We apologize for any inconvenience this closure may cause and appreciate your understanding and patience. Our goal is to enhance your experience and ensure that the center remains a pleasant and safe place for everyone! If you have any questions or need further information, please do not hesitate to contact us.

## Meet the Staff

### *Juliane Abbott*



This month I'd like to introduce you to Julie Abbott who has joined us as the Member Services Lead at our main desk at the Center! Julie will be supporting the front desk volunteers with questions, phone calls, program and events check-in and information, and all things

regarding Individual and Business Memberships. As we have grown post pandemic, the need for more support has also grown.

Julie and her husband and 2 children moved to Camano Island in 2007. Through her kids' school, she

met friends on staff here and started volunteering as a bartender in 2017. She has worked with us for our auctions and events throughout the past 7 years.

Julie and her husband Jeremy are empty nesters currently (along with their 15-year-old Maltese Yorkie, Olee) and enjoy traveling to see their kids in Idaho and California, hiking, camping, and listening to live music.

When asked what she'd like people to know about the Center, it's just how much we do for our community. As a bartender for the fun events, she had no idea the purpose of those events, and how critical they were to raising funds for the programs we hold for older adults. We are so glad Julie is here to help us spread the word!! Welcome as an official full-time employee! We are very lucky!

*Bonnie Eckley*  
Executive Director



# 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*

Paint Group is an all-medium paint community. All skill levels welcome. Contact: Kitty Tanji (425) 985-1319 (text only), (360) 572-4123 or email: [dragoes@me.com](mailto:dragoes@me.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

#### Mending Hearts Quilting Group

1st & 3rd Mon  
8:00-12:00pm  
Location: Craft Room  
Work on your own project or fabric is provided for work on disaster quilts. Must wear mask Contact: Joan Huehnerhoff (425) 754-6620

#### Hero Quilters

3rd Wed  
10:30-3:00pm  
Location: Craft Room  
The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers.  
Contact: Sharon Szekely  
[sharonsseams2be@yahoo.com](mailto:sharonsseams2be@yahoo.com)

#### 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



Sorry for the inconvenience  
We will reopen Monday, June 24th







## 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

#### 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](mailto:mjrauch@wavecable.com)

(360) 387-1142

#### Cribbage

Every Tue

1:00-4:00pm

Location: Library

Cribbage is easy to learn, so you can start enjoying this game quickly.

Contact: Hilda Story

(425) 220-4562

#### 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 Smart

### *Computer & Phone Help*

**30 minute appointments are available for both Windows, Mac laptops, iPads & iPhones at the front desk.**

#### Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Wanda is here to offer help you learn more

about: Windows OS, MS Word, Excel and Outlook. General questions welcome. No Apple products. Bring your laptop.



#### Macbook and iPad/iPhone

#### Tutoring

1st Fri

10:00-12:00pm

Location: Library

Joyce is here to you with your Mac laptop, iPad, or iPhone.



## 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.

#### 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

#### 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

*(Continued on page 20)*

*(Continued from page 19)*

### Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Each Travel Talk will have a slideshow presentation of someone's travels. Questions or if interested in presenting one of your trips, contact Mark Kraus at (425) 503-9072



## Get Active

### *Exercise & Fitness*

**SAIL is a strength, balance, flexibility fitness program for adults 65+. The class is one hour long. Visit the Camano Center for complete program information and an update on class vacancies.**

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

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

Class has openings. Openings are filled from the waitlist.

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

Every Mon/Wed/Fri

9:00-10:00am

Location: Sundin Room

Class is currently at capacity.

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

Every Mon/Wed/Fri

10:00-11:00am

Location: Sundin Room

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

Every Tue/Thu

9:15-10:15am

Location: Sundin Room

Class is currently at capacity. Class is currently at capacity.

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

Every Tue/Thu

10:15-11:15am

Location: Sundin Room

Class is currently 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

Class is currently at capacity.

### **LIFT and Pilates/Yoga Fusion**

12-class punch card \$84/\$75

Camano Center Members Drop-in fee \$12 per class. Enter class through the back patio door.

Instructor: Carol Pope

(425) 344-9505

### LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

### Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

### Line Dance Class

Wed 5/29/24-6/26/24

2:00-3:00pm

Location: Sundin Room

Learn the Footloose line dance!

This is a four lesson progressive series that will build on each class





so that you can get comfortable and confident. (This is an intermediate line dance that was choreographed to the song "Footloose", not the dance performed in the film.)

### Line dancing class

Every Wed

3:00-4:00pm

Location: Sundin Room

Kari Dziewiontkoski has been teaching folks to dance for over 20 years – you're in good hands! Classes are Wednesdays at 3:00pm \$10/person or \$8/Camano Center Members

### Yang Style Tai Chi

Every Fri

11:00-12:00pm

Location: Education Room

**Yang Style Tai Chi** Standing and seated Tai Chi in the same class. Simple movements coupled with intentional breathing called Qi Gong. Great for balance and memory. Good for people with Parkinson's.

## 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

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 **Once you start you can be on an email contact list.**





# Camano Center Quilters

## *Piecing it all Together*



When I think of the quilts that we have around our house – I think of hugs. To me, each quilt has a story; it represents the people that were involved in making the quilt, and it represents love – in its simplest form. The quilts exude warmth, security, and peace of mind.

Betty Walsh of the “Mending Hearts Quilting Group” told me that “Quilts always fit” and that quilts let you know that “There are people who care about you, that you don’t know”.

Two quilting groups meet here at the Camano Center.

### **The Mending Hearts Quilting Group**

Mending Hearts is a social group created in 2018 with the purpose of providing quilts and bags to children. Groups supported include Brigid Collins Child Advocacy Center in Mount Vernon, Domestic Violence Services of Snohomish County, and a variety of disaster support centers in the local area. Join them in making quilts, no experience necessary. They have fabric and would love to have you join in their goal of helping children. *Learn to quilt. They teach quilting 101!!!* To date, they have made over 200 quilts. They meet at Camano Center on the first and third Monday of the month, 9am to noon. Contact Betty Walsh (714) 851-5250 or email [wraithobetty@hotmail.com](mailto:wraithobetty@hotmail.com).

### **Hero Quilters**

In 2004, Susan Nebeker of Vashon Island Started a quilting group dedicated to providing quilts to our far-flung veterans and service members serving around the world. To date, they estimate that they have sent over 32,000 quilts to service members around the globe. Since that starting date, more than 800 volunteers in many local organizations throughout the US. have formed to support the work that Susan started. For more information on the parent group, go to [www.americanheroquilts.com](http://www.americanheroquilts.com) or send an email to [helpinghands@americanheroquilts.com](mailto:helpinghands@americanheroquilts.com) or call (206) 463-5650. The website includes a wealth of information on the program, includes photos of quilts, comments from recipients, and so much more – all in all, a very heartwarming read.



*Mending Hearts Left to Right Back Row: Kristin Thompson, Betty Matrinez, Betty Walsh, Joan Huehnerhoff, Karen Curry, Sara Schmitt*

Camano Center hosts our local group of Hero Quilters that meets at the Center on the 3<sup>rd</sup> Wednesday of every month. Made up of experienced seamstresses and sewers, this group estimates that they have provided over 2,000 quilts to the parent organization since getting started in 2006. Membership in our local group ranges from 5-15 people with over 100 people being included in the mailing list. To join this group or get more information contact Camano Center group leader Sharon Szekely (425) 870-5218.

Quilting has been shown to lower stress, decrease blood pressure, is relaxing, sharpens hand/eye



*Hero Quilters Left to Right Back Row: Jonne Hanson, Melinda Brown, Gale Forkner, Linda Flanagan, Front Row: Sharon Szekely, Cindy LaSance, Kathy Rathvon, Wilma Hamm, Cherie Laufenberg, Judeen Izzard*

coordination, build self confidence and a sense of community as well as being a valuable way to spend time. Join our local quilters and start sharing those hugs today!

Participating at the Camano Center is free to Camano Center Members.

*Paul Jantzen  
Camano Center Member*

## Travel Talk at the Camano Center



**FRIDAY, JUNE 14  
10:00-12:00**

Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Or enjoy travel vicariously? Each month on the second Friday, Travel Talk will have a slideshow presentation of someone's travels - perhaps a cruise, maybe a tour in Europe, or exploring some exciting place.

Each month will be a different presentation. This month we will visit France, traveling through Normandy, Paris, the Loire Valley, Provence and ending in Nice. Absolutely no sales pitches or promotions, just travel fun!

Camano Center members free, non-members \$5. Questions or if interested in presenting one of your trips, contact Mark Kraus at (425) 503-9072 please leave a message.

## Remember How Fun Tennis Was!



Free tennis drills to enhance your skills or get back in the game are being offered for those of you who are playing tennis currently or have played tennis in the past and want to start again.

The tennis drills will be offered once a week from 9 am—11 am on Fridays.

Come and try it out and start playing tennis again. The court is privately owned, and the owner allows others to use it. The location of the court will be given to those who are truly interested.

There is no cost to participate.

For more information, email:

Mark Hinch [hinchmark@gmail.com](mailto:hinchmark@gmail.com) or  
Suzanne Gagnet [sgagnet04@gmail.com](mailto:sgagnet04@gmail.com).



# What's Age Got to Do With It?

## *“You’re Too Old for That!” Oh yeah? Sez Who?*



**Dave Lebental “I’m Not Too Old”**

<https://www.youtube.com/watch?v=INetbOsHAm0>

No matter how old you get, there are always those lie-awake

moments when you wish you’d thought of something more clever to say. Now that “humorous” cracks about age are more likely to be tossed at us like trash out a car window than things like, “I hate you because you’re beautiful,” I was happy to find this list of great comebacks. Feel free to fling them back with a big ole’ grin at anyone dumb enough to come at you with one of these gems, with my compliments!

### **If they say something like:**

“Getting a bit long in the tooth, huh?” ~ “Feeling your age yet?” ~ “You’re looking a bit antique these days.” ~ “You’re showing your age, my friend.” ...and so on...

### **You say:**

- *“I prefer the term ‘chronologically gifted.’ Makes it sound like a special skill, doesn’t it?”*
- *“Age is just the number of years I’ve aced this game called life. And I’m winning!”*
- *“Nah, I’m just seasoned like a well-cooked steak. Life’s flavors only get better with time!”*
- *“Age is just nature’s way of telling me I’ve been awesome for a long time.”*
- *“Who, me? I’m more of a classic than an antique. Timeless is the word you’re looking for!”*
- *“Nah, I’m just getting better at pretending to know*

*what I’m doing!”*

- *“I may be old, but I can still shake it like a salt shaker with some WD-40, of course.”*

### **Little Feat “Old Folks Boogie”**

[https://www.youtube.com/watch?v=Q\\_nFwwjBIEc](https://www.youtube.com/watch?v=Q_nFwwjBIEc)

- *“You say I’m ancient? I say I’m wise.”*
- *“Instead, I think of myself as vintage. Like a fine wine, I get better with time.”*
- *“I may be old, but I’ve got stories that will make your hair curl or fall out, depending on the tale. Interested?”*
- *“They say youth is wasted on the young; I’m just here to prove them wrong.”*
- *“Age is like a video game level—I keep unlocking new features.”*
- *“I’m a classic like a black and white movie, timeless and still entertaining.”*
- *“Nah, I’m just a pro at collecting birthdays.”*
- *“They say age brings wisdom, but in my case, it brought extra nap time.”*



### **Mick Flavin “Never Too Old”**

<https://www.youtube.com/watch?v=IBUfrA0u7NI>

With all the fuming focus on candidate’s age in these strange times, here’s what some former office seekers have had to say about it.

*“My cholesterol is better than Clinton. My weight is better than Clinton. My blood pressure is better than Clinton. But I am not going to make health an issue in this campaign.” –Bob Dole*





*"I am not going to exploit, for political purposes, my opponent's youth and inexperience."* --Ronald Regan (73) about Walter Mondale (56)

*"Controlling government spending isn't just about Republicans or Democrats. It's about being able to look your children in the eye. Or in my case, my children, grandchildren, great-grandchildren, great-great-grandchildren and great-great-great-grandchildren, the youngest of whom are nearing retirement."* --John McCain

*And finally, "I believe in the First Amendment — not just because my good friend Jimmy Madison wrote it."* --President Biden

*"Humor can turn awkward moments into laughter and camaraderie. approached with grace, wit, and a sense of pride."*

*Cheers to aging with a smile and embracing the art of growing better with time!"* <https://awesomeresponses.com/funny-responses-to-being-called-old/>

The Dwarf Chorus from Snow White and the Seven Dwarfs "You're Never too Old to Be Young"

[https://www.youtube.com/watch?v=JCz\\_pJaVW40](https://www.youtube.com/watch?v=JCz_pJaVW40)

Connie Johnson  
Board Secretary

**2ND CHANCE THRIFT SHOP**

**EVERYTHING  
CHRISTMAS  
SALE!**

**Saturday, August 17  
09:00 AM - 3:00 PM**

**Camano Center  
606 Arrowhead Road  
Camano Island, WA**

**2ndchancethriftshop.org**

Thank you to our event sponsors.

# RELATIONSHIPS THAT GO BEYOND BANKING

We provide a deeper level of personalized service that helps us tailor the right solutions for the way you live and work.

**Learn more at [heritagebanknw.com](http://heritagebanknw.com).**



**Heritage**  
BANK

*Meet us outside the box.*

**Camano Island** 165 E McElroy Drive | **Stanwood** 26317 72nd Avenue NW



Equal Housing Lender | Member FDIC





# LAW OFFICE OF DALE WAGNER

**9727 271 Street NW \* Stanwood, WA 98292**

---

*Northwest Washington Disability Attorneys*





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