

CONNECTIONS



**In person lunch is coming back!
VOLUNTEERS NEEDED
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Photo: Camano Center Patio



CamanoCenter
Get connected.

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

Thursday, Friday & Saturday

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

Donations Accepted

Friday & Saturday

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

Marilyn Grosjean

Linda Hadley

Ken Johnson

Kelly Kraus

Michal Scott

Bruce Spong

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 | Office & Events 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

John Cross | Thrift Shop Receiving

John Schulz | Thrift Shop Receiving

Julia Parker | 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.

CELEBRATE NATIONAL SENIOR CENTER MONTH

September 1

4:30 p.m. - 6:30 p.m.

Spaghetti & Wine

Fundraiser for the
Camano Center

Raise A Fork For A Good Cause

Tickets are free. Guests will be encouraged to make a contribution to support Camano Center's programs & services.

CALL 360 387-0222 TO RSVP

CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND

Camano Center

Meet Your Board Members



Each month I will be interviewing one of our wonderful Board of Directors for you to get to know.

This month I'd like to tell you a little bit about **Linda Hadley!**

Linda graduated from the UW and was a member of Pi Beta Phi Sorority, W-Key, Totem Club, and on the UW Book Store Board. She moved to her birthplace of California where she started her family and sold residential real estate in Los Angeles for

40 years and was consistently in the top percent in sales nationally! She volunteered by serving on the boards of the Alcohol Information Center and The Friendly House. Both located in Los Angeles.

In 2003 Linda married her 2nd husband John Hadley. They lived part time in L.A. and purchased 2 homes on 4 acres on Camano Island. When she and John and their 3 dogs moved into their new home on Camano full time in 2007, she stayed very busy volunteering. She was a member of the founding board of the Everett Recovery Cafe and co-chaired the Cafe's annual fundraising event for four years. Linda started volunteering as a cashier at the Second Chance Thrift Shop. They joined the Camano Island Yacht Club and she joined a book club, a

writing group, a knitting group, a garden club, and the tennis club and gym (now the YMCA)!

She is passionate about the thrift store and being on the board of The Camano Center. "I love the people who work at the store, our wonderful customers (lots are "regulars") and I am blessed to be working with such a talented and dedicated board and staff."

Thank you Linda for being so involved with the Camano Center and 2nd Chance Thrift Shop, and our community as a whole! You must have a 30 hour day instead of the regular 24 hour day that we all have! Stay tuned for next month to meet another Board member!

Bonnie Eckley

WHAT IS YOUR PROPERTY WORTH?

Complimentary
PROPERTY REVIEW

SCAN WITH YOUR PHONE'S CAMERA:



OR
CONTACT ME DIRECTLY!

Helping you make the right move.

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KERRI@CAMANOKERRI.COM | CAMANOKERRI.COM



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Stanwood

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A WONDERFUL EVENING IN OZ



Gala Auction Donation Wish List

Please Contact Cindy Hand at chand@camanocenter.org
or (360) 387-0222 for more information

Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles
- Dinner Party or BBQ
- Wine or Beer Tasting Party
- 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

- Landscape Planning and Materials

Sports & Equipment

- Sporting Equipment
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders)

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




Gala Auction Dessert Dash

Seeking Fabulous
Dessert Donations
for the Camano Center's
16th Annual Gala Auction 9.17.22

Please contact Debbie Martin at debra.kay.martin@gmail.com
or call 360-387-0222 for more
information

Aging Mastery Program Fall Series starts 9/22

The Camano Center is excited to offer the **Aging Mastery Program** again starting September 22nd.

About 1/3 of the class has already pre-registered, so grab a spot if you are interested!

Questions?

E-mail kconway@camanocenter.org or call the Camano Center at 360-387-0222.

Ready to sign up?

Click this link to register

<https://form.jotform.com/220344709864056>



Aging Mastery

ncoae | AgingMastery
national council on aging

Join the adventure!

Camano Center

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Classes will be held Thursdays, September 22nd-December 8th
1:00-2:30 PM at the
Camano Center
606 Arrowhead Road
Camano Island, WA 98282

Cost per person for 10 classes is \$60
*Please contact the Camano Center if class fee is a barrier. Limited Scholarships available.



You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Limited spots available: Sign up now!

The program will launch on **Thursday, Sept. 22nd, 1:00—2:30 PM**
but participants have to be signed up by **September 1st**
Please RSVP to: **Karen Conway, kconway@camanocenter.org**
by **September 1st**



CamanoCenter
Get connected.
606 Arrowhead Road, Camano Island, WA
360-387-0222

www.ncoa.org/AMP

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Edward Jones

> edwardjones.com | Member SIPC

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Upcoming Aging Mastery Program—Elective Class:

Memory Matters

Presenter: Leslie Jackson, RN, Education Coordinator, Dementia Support Northwest

Tuesday, October 4th, 1:00-2:30

**at the Camano Center. Pre-registration required by calling 360-387-0222.
No cost**

Join us for an interactive class highlighting normal age related memory changes and basic skills—Active Attention and Spaced Retrieval—to aid memory.

Aging Master Program Elective Classes

The Camano Center will continue to offer the Aging Mastery Program® (AMP) 10-class series starting again this month, but you might be wondering, “what are these Aging Mastery Program Elective Classes?”

There are nine Aging Mastery Program (AMP) Elective Classes developed by the National Council on Aging that can be offered as single presentations. These classes address topics such as patient/physician communication, memory, home safety, malnutrition, and bucket lists to name a few. Often people who have completed the 10-class series may choose to further their learning by attending these Elective Classes. However, they are not only for “graduates” of the Aging Mastery Program so if the topic catches your interest, don’t hesitate to sign up!

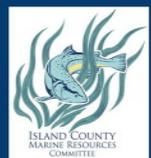
Camano 101 Living on an Island

1-4pm Sat. Sept. 24 @ Camano Center

Take Island Transit to 606 Arrowhead Road, Camano.



Have a snack and meet the experts on local beaches, parks and trails, landscaping for wildlife, caring for your septic system, emergency preparedness, bus service, recycling and other free resources critical to living on Camano Island.



Bigleaf Maple

Snohomish Conservation District

This was written for the SnoCD monthly e-newsletter. It was written by my SCD colleague Jessica Paige.

When you think of our native bigleaf maple (*Acer macrophyllum*), you might picture a mossy trunk with delicate licorice ferns. You probably don't think of maple syrup. Particularly, one with a "bold and buttery flavor that has hints of vanilla and molasses." But that's how Patrick Shults, Extension Forester for Southwest Washington—along with many others—describe the taste of this specialty syrup. "Bigleaf maples have a lot of secret agroforestry benefits that not everybody knows about," explains Patrick. "They've been maligned, especially in production for-

estry. But they're kind of a sleeper tree."

Agroforestry Benefits

We'll get into syrup some more, but first, here are a few of the many gifts that bigleaf maple has to offer:

- **Pollination.** The early spring flowers provide critical nectar and pollen for bees, increasing pollination rates and providing beekeepers with an early source of honey that has strong market value.
- **Edible flowers.** Those gorgeous clusters are also delicious for us to eat, especially when they're young and tender.
- **Natural fertilizer.** Bigleaf maple bark supports the largest epiphyte (plants that grow on other plants) load of any tree in the PNW. These epiphytes eventually form a layer of soil, which the bigleaf maple then taps into, absorbing water and minerals. When bigleaf maple branches fall to the ground, they rot quickly, providing a rich soil amendment, in addition to the leaves they shed each autumn.
- **Buffers and marginal farmland.** Bigleaf maple thrives in damp areas where many traditional annual crops do not. Along wa-

terways they can help stabilize banks, filter pollutants from runoff, and provide ample shade, keeping water cool for fish.

- **Timber.** Bigleaf maple wood is commonly used for flooring and furniture, but Patrick has another secret to share.

"You also might get music wood," he says. Music wood, also known as figured wood, has a uniquely beautiful grain pattern. "It's mysterious because no one knows how to grow it specifically. But if you get it, the price per board foot is astronomical."

Bigleaf Maple Syrup

Ok, back to syrup. Up until recently, bigleaf maple syrup has been made by a fairly small number of people as a hobby. Why isn't it commonly produced commercially in the Pacific Northwest?

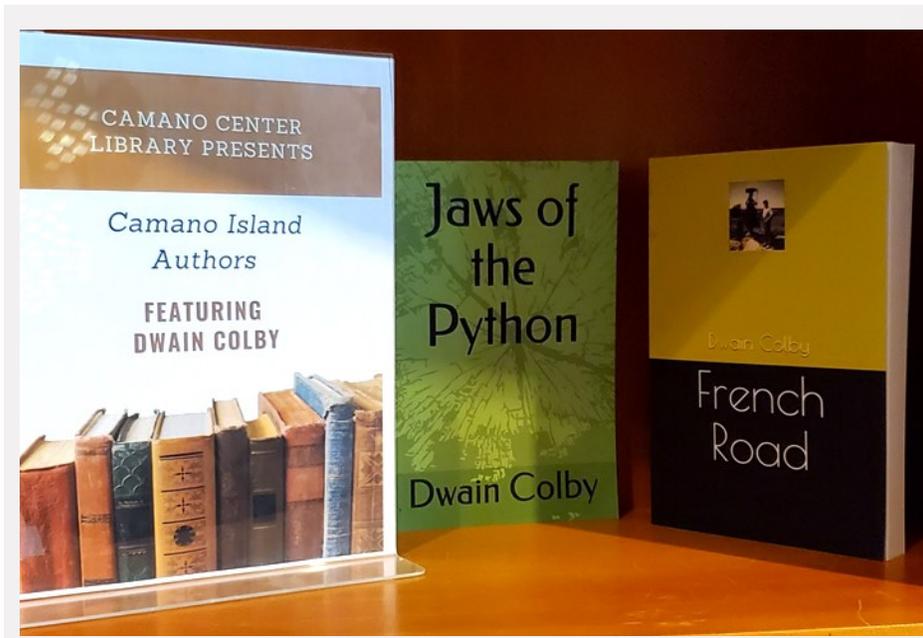
"Bigleaf maple has about half the sugar content as sugar maple, which means you need twice as much sap to make the same amount of syrup," explains Patrick.

"But it has a very unique flavor and catches a really high price point—significantly higher than traditional syrup. So far, Neil's Big Leaf Maple Syrup in Acme is the only producer in Washington."



Bigleaf Maple Tap

(Continued on page 9)



Lending Library

Features Local Authors

The Camano Center has established a special section in the lending library for Camano Island Authors. If you are a local author please consider donating a copy of your book to the Camano Center so others may enjoy your gift of writing.

Making Your Own

For those interested in hobby-scale production, Patrick says that 15-30 trees will generally produce enough sap to make a gallon or two—enough for you and your family (and maybe some friends) to enjoy throughout the year.

“A lot of people start by collecting the sap and boiling it down on their stove,” says Patrick.

This method takes a while and can steam up an entire house! To avoid that, Patrick recommends either using a camp stove outside or—even better—building a homemade evaporator out of cinder blocks.

“If you have 86 gallons, you need to burn off 85. An evaporator can burn off five to seven an hour, whereas a stove burns off one to two.”



Bigleaf Maple Syrup

Both techniques take some time, but it’s a great opportunity for community building with your friends, family, and neighbors. Make a party out of it!

Scaling Up

For those interested in producing syrup at a commercial level, there are ways to make the process easier.

“A reverse osmosis machine will take out 90 percent or more of the water before you even start boiling. Tools like that can make commercial production much more viable. It could be a great way for farmers to utilize marginal land and produce additional income.”

If you’d like to learn more about making syrup, including how to build your own evaporator, [email Patrick](#) for a link to a recent webinar.

“Commercial or not, maple syrup has a lot of potential. It’s something that just about everyone can get excited about.”

Curious about other ways to combine agriculture and forestry, or support these practices? Sign up for the [Agroforestry e-newsletter](#).

*Submitted by Kathryn Wells
Community Outreach Specialist
Snohomish Conservation District*

News from the ISR Kitchen

Meet Lars Wengren

Island Senior Resources and the Camano Center are both thrilled to announce the new Lead Cook/Food Service Manager on Camano, Lars Wengren! When Kendall Faragher, Camano Center, called me and said she had someone who might be interested in Lead Cook/Food Service Manager position, I called Lars right away. We hired Lars because he said he wanted to give back to the community and help those in need, he has experience cooking for the Stanwood Eagles, and he has experience owning a business a few years ago, Viking Video in Stanwood.

His steadfast commitment to feeding our clients is part of our mission, addressing food insecurity on Camano. Lars started on June 1st with Meals on Wheels (MOWS) and he hit the first day running, cooking for Meals on Wheels, ordering supplies, and delivering MOWS to clients.

His “Can Do” attitude is a delight! After interviewing Lars, we wanted you to get to know him better, so here are some questions and his responses. Thank you Lars for joining our team.

*Debbie Metz
Island Senior Resources
Nutrition Program Director*



Hi! I’m Lars Wengren. I am married with four grown children living on their own. My main companions are my wife Deana and my great dane, Sylvi.

I grew up in Alger Washington and graduated from Burlington-Edison High School.

finding new places to dine with the wifey, and my weekly dart get together with friends.

My Favorite Movies

Three films changed my life. King Kong (1933), Jaws (1975), and Alien (1979)

My favorite Albums

Two albums changed my musical prospective. Introducing the Beatles (1964) Led Zeppelin I (1969)

My Personal Interests

Long time music and movie fanatic. Record, comic and book collecting and vintage theatrical posters.

Why Did I Choose to Work for Island Senior Resources at the Camano Center?

It was actually something Kendall brought up over lunch. She said that ISR was looking for a new cook but few were showing interest. I took the initiative and applied and got hired! It seemed the right opportunity to make a career change for the better.

Favorite Things I Like To Do When Not Working

I enjoy hunting for vintage records, watching movies,

Next to owning my own business, cooking for Meals on Wheels is the most satisfying job so far in my career. It is nice to know that your job is actually helping others, making their day just a little bit more stress and worry free. It is nice to have a job that is actually appreciated by the community.

Island Senior Resources

Aging & Disability Resource Specialists

Aging and Disability Resources
for Island County

Island Senior Resources Main Number
360.321.6661

September MOW Entrée

2	Fri	BLT Salad w/Pepper Jack
5	Mon	Meal Site Closed
7	Wed	Hawaiian Ham & Cheese Slider
9	Fri	Thai Salad w/Chicken
12	Mon	Turkey & Cream Cheese Croissant
14	Wed	Beef Enchilada Bake
16	Fri	Antipasto Salad w/Salami
19	Mon	Meatball Sub Sandwich
21	Wed	Salmon Alfredo Pasta w/Spinach
23	Fri	Southwest Caesar Salad w/Chicken
26	Mon	Ham & Asparagus Popover w/Peas
28	Wed	Beef lasagna w/Marinara
30	Fri	Greek Salad w/Chicken

Suggested donations for hot meals (includes choice of milk or juice & dessert and the day's entrée is **\$7.00**; frozen meals: **\$6.00** (excludes dessert). Checks or cash are accepted; no debit/credit cards. For further information, call (360) 387-0222 or email Lars

camanokitchen@islandseniorservices.org

on Monday, Wednesday or Friday.



Island Senior Resources is need of volunteers willing to be on a list to deliver meals to Camano Island residents on an emergency/on-call substitution basis. If you would like to be placed on the ON CALL list, please stop by the Camano Center Monday, Wednesday or Friday 9 am –Noon, or email camanokitchen@islandseniorservices.org for more information.

Congregate Meals are coming back to the Camano Center In October & they need volunteers to make that happen!

Island Senior Resources is bringing back in person lunch at the Camano Center beginning in October. Lunch will be served once a week on Wednesday beginning October 5.

Before they can do that, they need volunteers! They need a cashier, (welcome & sign in diners, collect donations) serve meals, dishwash, dish up food.

If you can be a lunch day volunteer contact:

Debbie Metz

Nutrition Program Director

Phone: (360) 321-1600 ext 14

Email: debbiem@islandseniorservices.org

Lars Wengren

Camano Lead Cook & Food Service Manager

Mornings: Monday, Wednesday, Friday

Phone: (360) 387-0222

Email: camanokitchen@islandseniorservices.org

Foot Clinic

HOW TO MAKE APPOINTMENTS

Call 360-421-3629

Appointments are available on the 1st, 2nd and 4th Wednesdays.

Fees are as follows:

\$30 toenails

\$6 fingernails

Checks accepted, cash preferred when possible.



Sharing is Caring —Support Group

Facilitators: Patti Pontikis & Cheryll Davis

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 3rd Thursday 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*

NORTHWEST JUSTICE PROJECT

nwjustice.org

Northwest Justice Project: Coordinated Legal Education Advice and Referral This is a great website for information on just about any subject of interest to older adults, especially the self-help section. There's information on housing, taxes, Social Security, estate planning, quitclaims, wills, etc.

If you do not have computer access, the number for adults 60-plus, is 888-387-7111 (state wide). Deaf, hard of hearing or speech impaired callers can call 877-211-9274 using the relay service of their choice.



Senior Home Repair Project

Critical Home Repair

Island County Habitat works with income-qualified Island County senior homeowners to complete critical repairs that will make their homes safer and healthier.

Repairs may include roof, electrical, plumbing, structural, heating, and upgrades designed to accommodate physical ability, like ramps and railings.

Aging in Place

It's important that homeowners can live safely in their homes as they age. Aging in place accommodations may include bathroom grab rails, walk-in shower modifications, toilet risers, and other modifications to improve safety and accessibility.

Property Revitalization

Habitat understands that sometimes, property upkeep is a challenge for older adults. Property revitalization services may include refuse disposal, drainage installation/repairs, lawn/landscape overgrowth control, and other things to improve access to your home.

Who Is Eligible

Applicants must meet the following criteria:

1. Applicant must own a home in Island County.
2. Applicant must be 65 years or older as of 9/1/2022.
3. Applicant must have a household income less than 80% of the Area Median Income adjusted for household size.

1-4 person household = <\$71,350

5-8 person household = <\$94,200

Deadline to submit application is 4:00 p.m. on September 9, 2022.

Click [here](#) for more information

and to print the application. Information sheets and applications are also available for pickup at the Camano Center.

Completed applications for Camano Island are being collected at the Camano Center and must be received by the deadline.

If you need assistance, or have additional questions, you can contact Lori with Habitat for Humanity of Island County at (360) 679-9444 or by email at

office@islandcountyhabitat.com

2ND CHANCE THRIFT SHOP

EVERYTHING CHRISTMAS SALE

at the Camano Center

BRING YOUR OWN SHOPPING BAGS

SATURDAY, OCTOBER 15
9 A.M. TO 5 P.M.

Gently used Christmas & Holiday themed gifts & decor at great prices!

If you like it, buy it! We cannot hold items to purchase later.

The Camano Chemist

Hypertension



Why

do I take so many blood pressure medications?

The simple answer is to decrease the amount of side effects.

Increased blood pressure is not something that a person will typically notice symptoms of in their daily

lives, for example, a headache. However, hypertension (increased blood pressure) is often referred to as the silent killer. Therefore, it is important to be proactive in its management. Prolonged hypertension can lead to heart attack and stroke, and often the first warning sign is actually experiencing one of these events. Unfortunately, since many blood pressure medications have side effects, many patients will quit their medications because they feel better when they are not taking them. This can lead to detrimental long-term health consequences.

The increase in the number of medications prescribed to treat hypertension works to reduce high blood pressure. If a single medication does not achieve the desired results, a second agent is added. In the past, this single agent would have been tapered up until the goal was met, however, it increased side effects. By adding a second medication at a low dose blood pressure goals can be achieved while keeping side effects to a minimum. Although this does increase the number of daily medications taken by the patient, the results have proven to be beneficial. We are seeing less patients discontinuing their treatments while lowering blood pressures for improved health benefits.

Importantly, patients must continue to monitor for side effects, particularly as they age. Discuss side effects or symptoms with your doctor, for example, dizziness when rising from a seated or lying position. Take your medications routinely. Be honest with your doctor, if you are not taking your original medication on a routine basis, we don't want to add another medication if we have not given the first one a chance to work. Not every medication is a fit for everyone. Let your doctor know if you are experiencing side effects that you can't tolerate, a different medication may work better for you.



Finally, do not stop a medication without talking to your doctor. Some high blood pressure medications need to be tapered off, as a sudden stop could cause adverse side effects. Working in collaboration to achieve the best results generates the best outcomes.

To your health and happiness,

Mark Phibbs

Retired Pharmacist & Camano Center Member

Message From Your Board President

Jeff Highland



“There’s no place like home.” These familiar words, spoken memorably by Judy Garland at the conclusion of the 1939 film *The Wizard of Oz*, conjure feelings of belonging, safety, warmth, and family. Coincidentally, I’ve been thinking a lot about the

idea of “home” in recent weeks.

My little brick bungalow on the beach is currently undergoing its first significant updating since it was built nearly 80 years ago; it has caused me to reflect anew on the importance of home. My parents purchased it as a retirement home a half-century ago, and since

then it has served our family well. Now, it is my retirement home, and I made the decision several months ago to do some remodeling, both to make the place a bit safer and more accommodating as I age and to add a bit of luster to outdated spaces. I am eager to settle back in when the contractors are finished.

As a volunteer and member of the Board of Directors of the Camano Center, I regularly consider how the Camano Center contributes to feelings of “belonging, safety, warmth, and family” in our community here on beautiful Camano Island. At our Annual Membership Meeting in July, Executive Director Bonnie Eckley listed the many activities and programs offered by the Camano Center; all are focused on empowering older adults to live lives to their fullest potential. Not only is the Center “home” to these activities and programs, but it also offers new and updated programming to facilitate “aging in place,” so that older adults are able

(Continued on page 17)

Camano Center Donors

Donations received July 11 - August 10

Anonymous-Appreciation-Thrift Shop Customers	Donna Grout-General
Linda and John, Jr. Hadley-Appreciation-Thrift Shop	Stephen and Marie Heil-General
Janie Morgan-Appreciation-Using your iPad as your songbook	Connie and Nick Johnson-General
Tim and Kirsten Spencer-Appreciation-Covid Tests	Mark and Kelly Kraus-General
Bonnie and Jeff Eckley-Gala Auction	Debra Rivas-General
Cindy & Scott Hand-Gala Auction	Betsy Shields-General
Leslie Tripp-Gala Auction-Gala Auction Donation	Duane Simshauser-General
Patricia and Hiram Bronson-General	Tim and Kirsten Spencer-General-BE OUR STAR Campaign
Larry & Maria Carlstrom-General-BE OUR STAR Campaign	Shirley and John Swanson-General-Donate for Charity-Car
Bonnie and Richard Cavell-General	Phil and Candy Trautman-General
Pat Clark and Carol Hoeksema-General	Phil and Candy Trautman-General
Lee and Sandra Clemetson-General	Patricia Fay-In Memory-George Stevenson
Dwain Colby-General	Gene Puhmann and Jane Morris-In Memory-Gale Calton
Paul Savoie and Myrna Corcoran-General	Barbie Whisler-In Memory-Ben Whisler
Ray and Joan Cresap-General	Douglas & Margie Landreth-SAIL
Jennifer Engleman-General-Donate for Charity - Car	Camano Island Chamber of Commerce-SAIL
Vincent and Amber Ferrese-General	Chuck and Ellen Schufreider-SAIL
Lois Giles-General	
Marilyn and Walter Grosjean-General	

Get Connected Daily Activities

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, except where noted. Non member charge for each activity is \$5.00 payable at the front desk at check-in.

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

Sometimes we have to cancel activities. Click here and be directed to our calendar to see what is happening at the Camano Center!

LIFT

Every Tuesday/Thursday

7:00-7:55am

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 Tuesday/Thursday

8:00-8:55am

Pilates/Yoga Fusion

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.

Camano Center Library

All Weekdays

9:00-4:00pm

The Camano Center has a lending library that is open to the public during business hours. This library is managed by volunteer librarians.

Needle Works

Every Thursday

9:00-11:00am

Contact: Mary Beckham
(360) 387-6958

Duplicate Bridge

Every Thursday

12:30-3:00pm

Contact group leader Myrna Corcoran (360) 770-4197 for information.

Cam Jam

Every Thursday

3:00-5:00pm

Contact Tim Spencer 360 572-4804 for more information.

Watercolors

Every Friday

11:00-2:00pm

Contact group leader Sheila Tonne at 360.926.8995 for information.

Paint Group

Every Tuesday

8:30-12:30pm

Contact group leader, Joyce Dunn (425) 446-2777 for more information.

Cribbage

Every Tuesday

1:00-4:00pm

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

Acoustic Music Group

Every Tuesday

2:00-4:00pm

Contact Group Leader, Robin Widoff 707 312-1112 for additional information or to participate.

JanMather@windermere.com

JanMather.com

"CAMANO ISLAND EXPERT"

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Hand & Foot Canasta

Every Wednesday
1:00-4:00pm
For additional information contact Marsha Kessler 425-350-8779.

Camano Center Book Club

1st Wednesday
2:30-3:30pm
Reading list is from the Sno-Isle library. Group Leader: Contact Janet Penny 360-403-5502 for more information.

Camano Ukulele Ensemble

Every Monday
1:00-3:00pm
For additional information on the Camano Ukulele Group please contact Val Schroeder: 360-387-2236.

Using Your iPad as Your Song Book

Every Monday
12:00-12:45pm
Come learn how to use your iPad (or Android) device as a songbook. Group Contact: Lee Clemetson 425 308-4037.



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.

Mah Jongg

Every Monday
9:00-12:00pm
Mah Jongg is a game of skill, strategy and luck and is a lot of fun. Contact Melinda Brown 360.387.2940.

Pinochle

Every Monday
1:00-4:00pm
Contact Mary Rauch if you are interested in Pinochle mjrauch@wavecable.com or 360 387-1142.

A Message From Your Board President

(Continued from page 15)

to remain comfortably and safely in their own homes, either with their families or with assistance from the "family" of caring professionals and volunteers at the Center. The Aging Mastery Class, and the anticipated Camano Coffee Bar and Social Space and Adult Day Program are each focused on this important purpose. In an effort to highlight and support these programs, the Gala Auction on September 17th has as its theme *A Wonderful Evening in Oz*. Funds raised at this premier event will support these

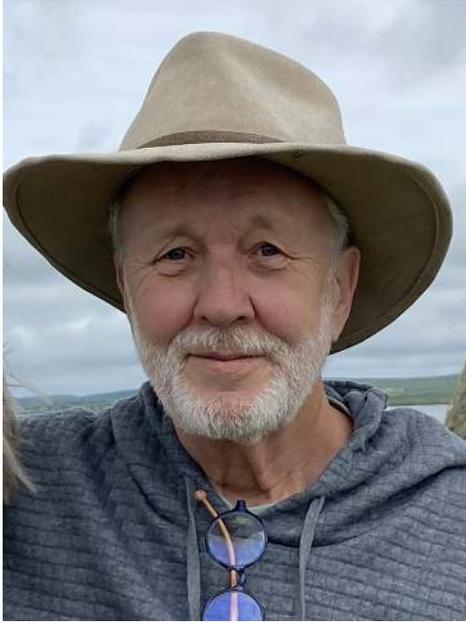
programs.

As summer turns to autumn, I look forward to returning to familiar spaces in my updated home. We can all look forward to the good work being done at the Camano Center to bring feelings of "home" to Camano Island seniors. Ah yes, "there is no place like home."

*Jeff Highland
CSSA Board President*

Into the Woods

Basic Mushroom Identification for Newbies



So, by far the biggest category is the first, yellow to brown mushrooms. Two popular edibles here are the Chanterelle (available at your local grocery store) and the King Bolete.

Also in this category and less delectable by far is the Deadly Ga-

like that (it actually grows on animal dung) who wants to find out? There are enough toxic entrants in this category (Witches' Hat, Straw-colored Fiber head, Scaly Pholiota, Jack o'Lantern, Panther) to make one leary of collecting in this group unless you're rock solid sure you can pick a Chanterelle or a Bolete out of a crowd.



This Photo by Unknown Author is licensed under CC BY-SA

lerina which will end your life and the Dung-loving Psilocybe, which is reported to take you on a magical mystery tour. But with a name

Next issue, we take a look at the White to Grays, another "iffy" category that has the benign sounding Meadow Mushroom and then for balance, we have the Destroying Angel.



Til next time..

*Tim Spencer
Camano Center Member*

It's easy to be put off by the array of impossible names that mushrooms go by; Glistening Inky Cap, Scaly Pholiota, Emetic Russula. But how to get an overview of the mushroom world so that you can start to get a handle on this strange kingdom?

Let's start with basic categories used by mycologists;

- Yellow to Brown Mushrooms
- White to Gray Mushrooms
- Greenish Mushrooms
- Reddish and Pinkish Mushrooms
- Bluish Mushrooms
- Unusual Mushrooms

Most of these categories have edible entrants. All have non-edibles and all have deadly toxic entrants, which makes mushroom hunting so darn fun for you Russian Roulette enthusiasts.

Stay Active and Independent for Life (SAIL)

New Program Coming This Fall!



Traci Smith, Certified Personal Trainer, and SAIL certified instructor.

“This class gets me up and moving, motivated to get out and go.

I am stronger and feel great!” – Arnold

“My doctor says ‘whatever you are doing, keep doing it!’

SAIL has improved and increased my stamina and my strength.” -Jan

Class Details:

One-hour class offered two times a week at the Camano Center starting Monday, Sept. 12.

Monday and Wednesday

9:00 AM – 10:00 AM

Instructor:

The classes will be taught by Traci Smith, Certified Personal Trainer, and SAIL certified instructor.

Class Format:

Hand weights, ankle weights and chairs are provided for participants. The following components are included in each class:

Warm-up (3-5 minutes)

Aerobics (18-20 minutes)

Balance exercises (10 minutes)

Strength exercises (15-18 minutes)

Stretching and education (8-10 minutes)

How to Register:

Call the Camano Center 360-387-0222 to sign up for a space. Class size is limited to 15. If interest is high, we will consider adding another class time). Fee is \$5 per class for members, and \$10 per class for non-members. Scholarships are available if cost is a barrier. Email info@camanocenter.org to inquire.

The Camano Center is introducing a new evidence-based strength, balance, and flexibility fitness program for adults 65 and over this September called **Stay Active and Independent for Life (SAIL)**. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based intervention for preventing falls. SAIL met the highest-level criteria for an evidence-based program, and was listed as an approved physical activity program on the website for the Center for Healthy Aging, National Council on Aging.

Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly. The recommendation is to take part in the class at least two to three times a week.

The entire program was designed for any level of ability and can be done standing or sitting down. Periodic fitness checks are done to assess the progress of the participants to ensure a positive outcome.



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](#)

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What's Age Got to Do With It

Did You Hear Me?

Did You Hear Me *"You may have all the wisdom accrued from a life of learning and understanding but the older you get the less people are likely to listen to you."*

<https://www.huffpost.com/entry/why-should-we-listen-to-old-people> b 1207996

How many times have you shared what seemed to you to be some important information or interesting commentary, only to have whomever is supposed to be on the listening end of the conversation give you an answer that just doesn't match what you've said at all? Leaves you wondering, "What's wrong with them – or is it me?"

Truth is, oftentimes, it's them, and it's because you're older. That's not to say that kids don't feel the same way sometimes, but for those of us who have survived childhood, younger adulthood, and finally achieved elder status, it can be especially frustrating, and even dangerous, not to be truly heard. I'm not just talking about being irritated when a younger person in your family doesn't hang on your every word when you're telling them a great life story that would benefit them greatly if they'd just listen. When co-workers, health care professionals, financial advisors, and others whose ageist attitudes result in a lack of attention, then it can become a very real and potentially serious problem.

"The U.S. population is getting older, and without a major change in the values, training and attitude Of the mainstream health care community, more and more of us will be harmed when we seek care as senior citizens.

"We medicalize the natural process of aging, then look down on the patients who come seeking treatment while not adequately preparing the doctors they visit to address their particular needs."

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<https://www.nbcnews.com/think/opinion/doctors-are-ageist-it-s-harming-older-patients-ncna1022286>

So, is there anything we can do about it? Yes.

Recently, a one-day free session, "Communicating with Your Doctor," offered via the Aging Mastery Program introduced this summer at the Camano Center, highlighted what happens when those who are responsible for providing your medical care don't really hear what you're telling them, or take it seriously enough to offer the assistance you need. But, the presenter did not just tell us what we already knew – that providers communicate differently with older adults than younger ones, often dismissing treatable conditions like chronic pain or arthritis as just a part of old age – she suggested ways to mitigate that prob-

(Continued on page 22)



(Continued from page 21)

lem and get some worthwhile answers to our concerns.

Here are some additional tips for making yourself heard, and acknowledged:

How to get people to actually listen

Listen more.

Talk less about you.

Pay attention to nonverbal communication.

Put the important stuff in writing.

Listen to others.

Build relationships.

https://www.google.com/search?q=how+to+make+people+listen+to+you.&rlz=1C5CHFA_enUS880US880&oq=how+to+make+people+listen+to+you.&aqs=chrome..69i57.5726j0j15&sourceid=chrome&ie=UTF-8#bsht=CgRmYnNtEgclBBAAGOcG

"...the accumulated wisdom of older people -- our 'experts' on living -- can serve as a helpful guide for younger people. They bring experiential knowledge of just about every problem a human being can go through."

*Connie Johnson
Board Member*

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Shop at smile.amazon.com or turn on **Amazon Smile** in the settings on the app. Choose Camano Senior Services Association and Amazon will donate.



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.

