

Camano CONNECTIONS

February 2023



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Photo: Shopping at
2nd Chance Thrift Shop



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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
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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

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.



55+ RESOURCE FAIR

At the Camano Center
March 4, 2023
9:30 am - 2:30 pm

One convenient place to get
information about services,
programs, and activities tailored to
the 55 and over age group.

Free lunch served from 11:00 - 1:00

Click [here](#) for more information.



Presentations:

10:00-10:30

SAIL (Stay Active & Independent for Life) fall prevention class demo

11:00-12:00

“More than a ‘Senior Moment’”:
Considerations on Brain Changes
and Aging

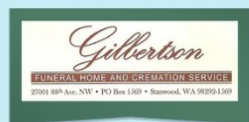
12:15-1:15

Caregiver Resource Panel– What is
Available & How to Access Services

1:30-2:30

Important Legal Issues Affecting
You and Your Family as You Age

Thank you to our Event Sponsors:



606 Arrowhead Rd., Camano Island www.camanocenter.org 360-387-0222

The Camano Chemist

Should I Stop Taking My Medication?



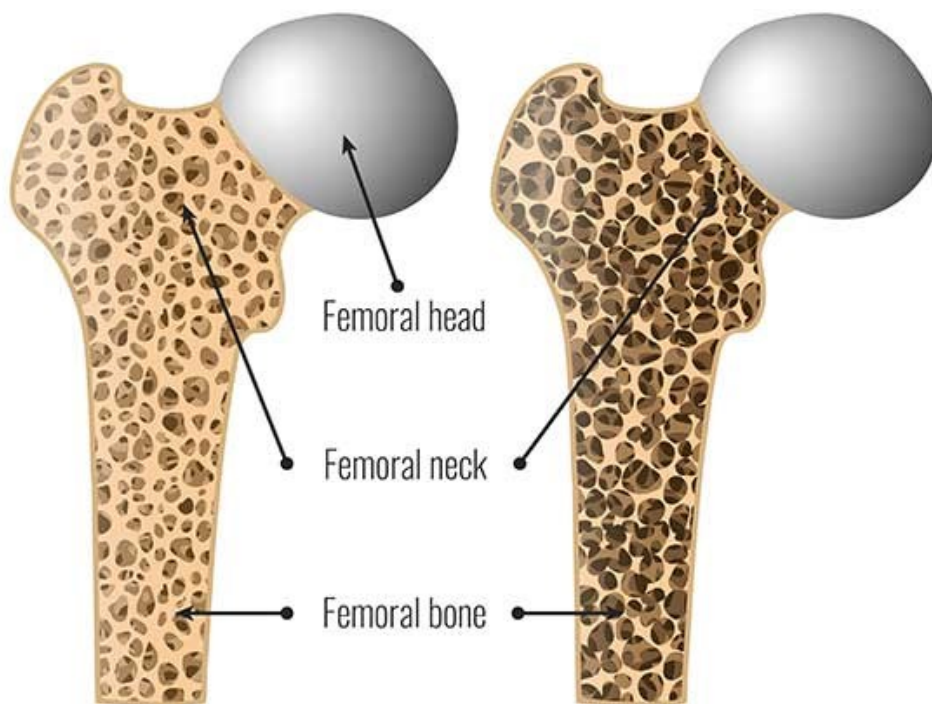
A common question I receive is what is osteoporosis and how can I prevent it?

Osteoporosis is a condition that causes the bones to become weak and brittle, increasing the risk of bone fractures. The most common areas of concern are the hips, spine, and wrists where injuries can result in unanticipated adverse health concerns.

Hip fractures in older patients can result in serious medical concerns brought on by a lack of mobility that can lead to blood clots and pneumonia. Spine fractures can result in loss of height or space in the spinal column resulting in associated pain or disc compression that can limit or impact our ability

to complete daily living tasks.

Often, by the time warning signs appear, the disease process has already begun. The good news is the bone loss can be reversed with treatment and daily attention if the signs are not ignored and you begin follow up as soon as possible.



HEALTHY BONE

OSTEOPOROTIC BONE

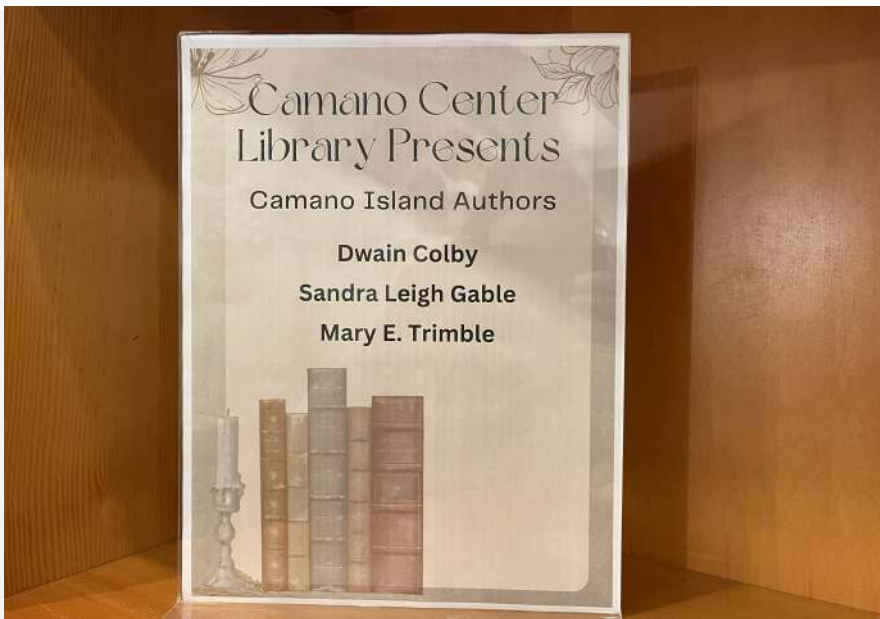
What signs should you pay attention to? First, look for a loss in height, stooped posture and family history of hip or other fractures. For women, if you had early onset menopause you can be at increased risk for osteoporosis. For men, if you have had certain treatments for prostate cancer, you may be at increased risk. Also, for

anyone who has been on prolonged steroid use (i.e., prednisone) this can make you more prone to osteoporosis. Finally, if you have bariatric surgery that reduces the size of your stomach, you can also be at increased risk.

Our bodies are continuously breaking down and creating new, stronger bones. This process reaches its peak efficiency at the age of 30.

After this time, the rate of replacement starts to slow resulting in decreasing bone strength. Therefore, we can start prevention of developing osteoporosis at a much younger age than most people believe.

(Continued on page 8)



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.

AARP Tax Aid Info

The AARP tax aides will be preparing 2022 tax returns at the LINCOLN HILL RETIREMENT COMMUNITY in Stanwood this year. Tax Aides will not be located on Camano Island this year. You will only be able to pick up your 2022 tax package at LINCOLN HILL, 10 a.m. until 2 p.m. Monday through Friday. Appointments will be scheduled when you pick up your tax package. You can call the Stanwood Tax Aides at (425) 270-7357 and leave a message. Be sure to leave your phone number so someone can call you back.

Lincoln Hill Retirement Community
7430 276th Street NW, Stanwood

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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, Office Manager at the Camano Center at 360.387.0222. **You will need to provide a prescription from your doctor and complete an intake form.**

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.

Foot Clinic



Call the Camano Center to schedule an appointment.

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

Fees are as follows:

\$30 toenails

\$6 fingernails

Checks accepted, cash preferred when possible.

(360) 387-0222

Winter Weather Info

The Camano Center and 2nd Chance Thrift Shop follow the Stanwood Camano School Districts decisions to close due to weather and road conditions.

You can call the SCSD Transportation hotline at (360) 629-1224 and listen to a recorded message with the day's closure status or find the information on local radio and television channels and our website.



Community Meals served on Wednesdays!

Island Senior Resources has brought back in-person lunch at the Camano Center. Lunch is served once a week on Wednesdays.

Meet the Kitchen Crew



Left to Right: Larry Carlstrom, Harrilee Behrbaum, Adin Collver & Lars Wengren (Not Pictured) Nancy Martineau & Michelle Jones

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



Left to Right: Debbie Lyons, Kathy Engstrom, Jim Engstrom, Sally DeJong, and Kevin Remlinger

Island Senior Resources

Aging & Disability Resource Specialists

Aging and Disability Resources
for Island County

Island Senior Resources Main Number
(360) 321-6661

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

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

February Entrée

1	Wed	BBQ Chicken
3	Fri	Roast Beef Blue Cheese Sub
6	Mon	Balsamic Green Bean Pork
8	Wed	Cheesy Vegetable Chowder
10	Fri	Stuffed Philly Cheesesteak Sandwich
13	Mon	Sausage Rigatoni Bowl
15	Wed	Baked Pesto Chicken over Brown Butter Pasta
17	Fri	Cabbage Patch Soup
20	Mon	Meal Site Closed
22	Wed	Ham & Asparagus Quiche
24	Fri	Tortilla Soup w/Chiles, Tomatoes & Ground Beef
27	Mon	Cheddar Chicken w/ Celery & Sour Cream Gravy

Strategies for Prevention:

Diet: Good nutrition in general, making sure we have enough Calcium in our diet. Salmon, beans, almonds, leafy greens, milk and yogurt are all good sources of calcium.

Lifestyle: Sedentary people have a greater risk of developing osteoporosis. Weight bearing exercise like walking, stairclimbing, light weightlifting along with balance exercises can help strengthen our bones.

Check with your doctor or ask to see a physical therapist to see what is best for you. Smoking and excessive alcohol intake may also contribute to increased risk for osteoporosis.



Calcium and Vitamin D: Sometimes getting enough calcium cannot be achieved with diet alone, particularly for those who are lactose intolerance.

If you are over 50, it is best to get 1,200 mg of Calcium per day. You can supplement your diet with Calcium tablets. In practice it is advisable to divide the doses so that no more than 600mg of Calcium is

taken at one time to increase the absorption.

In addition, taking vitamin D with the Calcium increases absorption. As a guideline, 600 to 800 mg of vitamin D is recommended.

Finally, there are a number of treatments for osteoporosis that can be prescribed by your doctor, with more medications coming to the market every day.

If you are diagnosed with osteoporosis you and your doctor can discuss which treatment is best for you. Prevention might be the best treatment option we have.

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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.



JanMather@windermere.com

JanMather.com



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Jan Mather
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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.

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

Get Connected

General Activities

Cribbage

Every Tue

1:00-4:00pm

Group Contact: Hilda Story

(425) 220-4562

Hand & Foot Canasta

Every Wed

1:00-4:00pm

Group Contact: Marsha Kessler

(425) 350-8779

Mah Jongg

Every Mon

9:00-12:00pm

Group Contact: Melinda Brown

(360) 387-2940

Pinochle

Every Mon

1:00-4:00pm

Group Contact: Mary

Rauch mjrauch@wavecable.com

or 360 387-1142



Duplicate Bridge

Every Thu

12:30-3:30pm

Group Contact: Myrna Corcoran

(360) 770-4197

Camano Center Library

All Weekdays

9:00-4:00pm

Camano Center features an honor system lending library.

Camano Center Book Club

Every Wed

2:30-3:30pm

Group Contact: Janet Penny

(360)403-5502

Get Vocal

Music Makers



Using Your iPad as Your Song Book

Every Mon

12:00-12:45pm

Group Contact: Lee Clemetson

(425) 308-4037



Country Western Music Group

Every Fri

1:00-3:45pm

Show up at the Camano Center at 1 p.m. You will then be added to a group email list.

Using Your iPad as Your Song Book

Every Mon

12:00-12:45pm

Contact: Lee Clemetson
425 308-4037

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Contact: Val Schroeder
360 387-2236

Acoustic Music Group

Every Tue

2:00-4:00pm

Contact: Robin Widoff 707 312-1112

Get Active

Exercise & Fitness

LIFT

Every Tue/Thu

7:00-7:55am

LIFT (Weight Conditioning)

Class Instructor: Carol Pope
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu

8:00-8:55am

Pilates/Yoga Fusion

Class Instructor: Carol Pope
(425) 344-9505

**(SAIL) Stay Active And Independent For Life**

Every Mon/Wed/Fri
9:00-10:00am

Every Mon/Fri
10:00-11:00am

Call the Camano Center for more information about class registration.

Get Creative

Art & Sewing**Paint Group**

Every Tue

8:30-12:30pm

Group Contact: Joyce Dunn
(425) 446-2777

Needle Works

Every Thu

9:00-11:00am

Group Contact: Mary Beckham
(360) 387-6958

Watercolors

Every Fri

11:00-2:00pm

Group Contact: Sheila Tonne
(360)926.8995

Hero Quilters

3rd Wed

10:30-3:00pm

Group Contact: Sharon Szekely
sharonsseams2be@yahoo.com

Mending Hearts Quilting Group

1st & 3rd Mon

9:00-12:00pm

Group Contact: Joan Huehnerhoff
(425) 754-6620



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

LAW OFFICE OF DALE WAGNER

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Northwest Washington Disability Attorneys



When all you want is *everything.*



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.

What's Age Got to Do With It

Friendship



If you were a Girl Scout, there's an old favorite about friendship that may have been written with children in mind, but holds true throughout life and time.

"Make new friends, but keep the old. One is Silver, and the other's Gold"

There's another song, variously attributed to Raffi, cited as a traditional American folk song, and purported to be an English song popular in the 18th & 19th centuries. You probably remember from your own childhood, as well.

*"The more we get together
Together, together
The more we get together
The happier we'll be*

*'Cause your friends are my friends
And my friends are your friends"*

Obviously, recognition of how valuable friendship is to our lifelong well-being is a part of our heritage as human beings. As we age, this becomes even more important as a vital refuge from isolation – one of the most debilitating problems for all too many seniors.

There is quite a lot of documented medical research on this. According to the following article, as you get older, good friendships can dispel loneliness, improve

your health, boost your sense of well-being, and even add to your years.

<https://www.everydayhealth.com/news/healing-power-friendships-grows-with-age/>

According to this article, loneliness is associated with a 40 percent increased risk of dementia among participants in an ongoing Health and Retirement Study. On the other hand, social isolation, or a lack of contact with a social network, was associated with a steeper decline in cognitive function than feelings of loneliness.



In either case, though, the message is clear: having meaningful social connections is important for maintaining brain function. Social interaction, regardless of how many friends are ideal for you, helps keep your thinking and cognitive skills sharp. Besides keeping your mind fit, friends can help with your physical health, too.

As we all know, many things change with age. Understanding these changes can be helpful in making and/or keeping friendships, especially at this stage of life. Three key facts about friendship may help us understand these changes, and deal with them constructively.

You may become more tolerant of quirks.

With age comes a greater ability to look at the whole

(Continued on page 14)

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(What's Age Got To Do With It Continued from page 13)



picture, realizing that despite an annoying habit, a friend has many redeeming qualities, too.

You can expect to be dumped, or to dump.

We have different needs and interests now than we did when we were younger. Sometimes we outgrow each other.

Friendship is a two-way street.

Be careful not to become overly invested without getting enough in return, or to lean too much on one

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!

Our hearing
EXPERTS
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STANWOOD HEARING

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p: 425-272-9435 | StanwoodHearing.com

friend. A healthy balance of give-and-take in a friendship is best.

So, no matter what your age, it seems that recognition of the value of friendship is ongoing. That's why Camano Center offers so many opportunities for connecting with others, from simply coming to lunch once a week to joining an interest group (like the Aging Mastery Program and SAIL classes), to volunteering at the Center or 2nd Chance. Be sure to check out all that's going on at <https://camanocenter.org/> and keep reading this newsletter!

More inclined to listen than read? Here's a TED talk on the topic that you might enjoy, as well.

https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life?language=en

*Connie Johnson
Camano Center Board Member*

YOU SHOP & AMAZON GIVES

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.

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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 or call (360) 387-0222

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55+ Resource Fair

Saturday, March 4th

The Camano Center and Island Senior Resources have pooled their resources to bring you the **55 + Resource Fair** coming up Saturday, March 4th, 9:30 AM—2:30 PM. The goal of the event is to have one convenient place for people to come and get information about services, programs, and activities tailored to the 55 and over age group. Representatives and information about government and other non-profit services, local transportation options, medical services, products, support groups, public safety, legal and financial services, senior living options, health and wellness, volunteer opportunities and more can all be found at this resource event. Whether you are gathering information for your own current needs, planning for your future, or needing help supporting a family member, this event is a great “one stop shop”.

A complimentary lunch of Apple Pecan Spring Greens with Maple Dijon Vinaigrette, Turkey Swiss Melt Slider, Artichoke Pesto Focaccia Breadstick and a Triple Berry Bar will be served between 11:00 and 1:00, thanks to the support of our 2023 sponsors: Island Senior Resources, IRG Physical Therapy, Camano Kerri-North48 Real Estate, Island Transit, Lincoln Hill Retirement Community, Northwestern Mutual, Snow Goose Transit, United Healthcare, Windermere Real Estate/CIR, Josephine Caring Community, Stanwood Hear-

ing, Cascadia Eye, Gilbertson Funeral Home, Beard Financial Group and Good Knight Homes, Brooke Knight Realtor.

There will be four presentations during the day on the following special topics:

10:00-10:30

SAIL (Stay Active and Independent for Live) Demonstration

Traci Smith, Certified Personal Trainer

Come and learn about this evidence-based strength, balance and flexibility fitness program held at the Camano Center and see a short demonstration on the class with examples of varying levels of strength and ability. A Home Safety Checklist and other take home resources will also be available.

11:00-12:00

“More than a ‘Senior Moment’”: Considerations on Brain Changes and Aging

Kelsey Wood, Northwest Regional Council, Dementia Program Specialist

We all slow down a bit as we age, but how do we know when to worry about forgetfulness? The answer to this and other commonly asked questions about brain health will be addressed in this presentation focused on reducing the stigma around memory loss and aging.

12:15-1:15

Caregiver Resource Panel— What is Available & How to Access Services

Megan Owens, Resource Specialist, Aging & Disability Resources Program, Island Senior Resources
Chasity Smith, Outreach and En-

agement Specialist, Adult Protective Services

The focus of this panel is to help you understand the importance of identifying resources to support you as a caregiver. Megan and Chasity will give an overview of local resources such as respite, potential financial assistance programs, when to consider long term care facility care options and more. There will be time for questions and discussion.

1:30-2:30

Important Legal Issues Affecting You and Your Family as You Age

James Dolan, Elder Law Attorney
This overview on Estate Planning, Wills, Power of Attorney, Directives, Guardianships, Special Needs Trusts, Medicaid and more will help you in planning for your future.

Mark your calendars for this fun, free and informative day in March. It's a great way to get connected!

We are Local

360-387-HOME
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Windermere Real Estate/CIR

Camano Center Donors

Donations received
December 11 - January 10

Appreciation:

Anonymous—Thrift Shop Customers
Anonymous—Bluegrass Event
Jo Anne Burklund—Medical Rides
Connie & Nick Johnson—Thrift Shop
Jill Johnstone—SAIL Classes
Linda White—Camano Center Facilities
Kayoko & James Woods—Medical Rides

General Donations:

Gerald and Rebecca Albers

Helen Maris and Juanita Aydelotte
Karen Bueschke
Pat Clark and Carol Hoeksema
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Linda and John, Jr. Hadley
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and appreciation for Adult Day
Jody Metzger—Otto Ruiz Su Arez
(Brother of Sole Somers)

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Steve and Kathy Sanchez—Aging
Mastery Class Scholarship

SAIL Program:

Utsalady Ladies Aid
Selina Smith
Traci Smith



RETIRE IN THE HEART OF SNOHOMISH COUNTY

JOSEPHINE IS GROWING

New & exciting opportunities are on the horizon for those 62 and better



Josephine Stanwood
New Independent Living
Stanwood, WA



Cascade Village at Smokey Point
New Satellite Community
Marysville, WA

Expected occupancy: Late 2024

For more information or to reserve your future home,
visit JCEXPANSION.COM or contact Kris at
360-654-4100 or KRISA@JOSEPHINECC.COM



February Holidays

**The Camano Center
will be closed
Monday,
February 20, 2023**

A NEW YEAR'S RESOLUTION THAT CHECKS ALL THE BOXES

Year after year, less than 10% of people are successful in keeping their New Year's resolutions. Make it easy on yourself in 2023 and pick one thing that checks all the boxes.

Volunteer More!

- ✓ *Practice Self Care*
- ✓ *Make New Friends*
- ✓ *More moving less social media*



96% report feeling a greater sense of purpose



94% report it improves their mood



76% report feeling physically healthier with reduced stress

Thank You SCGive Donors



You deserve a huge **THANK YOU!** Because of your generous donations to the SAIL fall prevention fitness program, we are now able to reduce the cost per class for participants, offer scholarships, and add more SAIL classes! Now, even more older adults will have the opportunity to prevent life altering falls by gaining strength, balance, and flexibility through this evidence-based fitness program. We look forward to adding even more classes as participation grows.
Thank you!



Molly Alumbaugh
Susan Ambrose
Darci Bailey
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DONATE money or time. THANK our business members and sponsors.

STOP BY the Camano Center, Monday thru Friday 9:00am-4:00pm

MISSION

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

VISION

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

VALUES

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