

JOIN US! TWO DAYS A WEEK!

Beginning Monday, May 1, community lunch will be served on Monday and continue to be served on Wednesday.

Please be seated by 11:45 a.m.



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Bloodworks Northwest March blood drive at the Camano Center



Board of Directors

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

HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA| 98282 360.387.0222

Monday – Friday | 9:00 a.m. — 4:00 p.m.

2nd Chance Thrift Shop

1335 State Route 532 | Camano Island | WA | 98282 360.629.6142

Shopping

Wednesday through Saturday

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

Donations Accepted

Thursday through Saturday (No Wednesdays)

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

Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director

Karen Conway | Programs Director

Kendall Faragher | Information Systems Manager

Cindy Hand | Donor Relations Director

Angie Bayley | Administrative Assistant

Lisa Brents | Volunteer Services Manager

Karen Bueschke | Bookkeeper

Adin Collver | Catering Director

Linda White | Hospitality Coordinator

Tom Clark | Maintenance Director

Sylvia Wentz | Thrift Shop Supervisor

Nicole Conover | Assistant Thrift Shop Supervisor

John Cross | Thrift Shop Receiving

John Schulz | Thrift Shop Receiving

Julia Parker | Cleaning Team

Mickey Reed | Cleaning Team

CAMANO CONNECTIONS

Camano Connections is published monthly by Camano Senior Services Association, a 501(c)(3) registered organization located at 606 Arrowhead Road, Camano Island Washington 98282. Opinions or issues presented do not necessarily represent an endorsement by Camano Senior Services Association. There is no implied or actual endorsement of any of the advertisers appearing in this newsletter.

Camano Connections is funded by membership dues, advertising revenues and other fundraising efforts.

Join the adventure!

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

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,

April 27th –June 29th

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.



Limited spots available: Sign up now!

The program will launch on Thursday, April 27th 1:00-2:30 PM

but participants have to be signed up by April 12th

Please RSVP to: Karen Conway, kconway@camanocenter.org

by April 12th



606 Arrowhead Road, Camano Island, WA 360-387-0222



Stanwood Camano Food Bank

The Stanwood Camano Food Bank functions as a grocery store model where their members can come in and shop with assistance from volunteers! They are open for food distribution on Wednesdays from 10am-3pm, and Saturdays from 10am-2pm. Their address is 27030 102nd Ave NW, Stanwood.

The food bank provides a wide variety of foods including basic staples and canned foods, as well as fresh produce, dairy products, meat, bread, baby food and diapers when available.

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

Sharing is Caring — Support Group

Are you caring for someone with early-stage Alzheimer's or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with mild cognitive or memory impairment. Group meets 3rd Wednesday at 11:00 at the Camano Center. Call the Center for more information 360-387-0222.

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



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

> Karen Conway Programs & Development

Foot Care Clinic



Call the Camano Center to schedule an appointment.

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

\$30 toenails \$6 fingernails

Checks accepted, cash preferred when possible.

(360) 387-0222



Notary Services Available

At the Camano Center

Bonnie Eckley, Executive Director is providing notary services free to Camano Center members and to non-members by donation. Please provide at least 24 hours notice by scheduling an appointment.

Appointments are available, most days, Monday –Friday 9:00 a.m.—4:00 p.m. by calling the Camano Center at 360 387-0222. Ask for the office manager to schedule your appointment.

Snow Goose Transit Connecting Older Adults

Snow Goose Transit is a "flex route" service. A flex route service allows us to pick people up from their front door, **if you have mobility issues.** The deviation request must be scheduled 48 hours in 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 busses have room for several passengers and two wheelchairs. Service is provided to Camano Island, Stanwood, Angel of the Winds Casino, Arlington, and Smokey Point.



Ensure Plus *Liquid Nutritional Supplements*

Eligibility

Doctor's prescription is required. Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Cost

Meals are provided "by-donation" and clients pay what they can. Donations are needed to keep the pro-

gram running. Suggested donation \$30/case of twenty-four.

How do I obtain Liquid Nutrition Supplements on Camano Island?

The liquid Nutritional Supplement Program is provided through Island Senior Resources. Contact Kendall Faragher, at the Camano Center at 360.387.0222.

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

Community Meals will also be served on Monday beginning May 1.

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: Jim Neher, Helen Neher, Jane Baker, Hilda Storrey, Barbara Dittman, Irene Berkstrom, Cookie Frey

Island Senior Resources

Aging & Disability Resource Specialists

Aging and Disability Resources for Island County

Island Senior Resources Main Number

(360) 321-1600

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

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

April Entrée

3	Mon	John Wayne Beef Cornmeal Bake
5	Wed	Baked Ham w/Glazed Apples
7	Fri	Fish Sandwich
10	Mon	Teriyaki Chicken
12	Wed	Chicken Pot Pie
14	Fri	Turkey Pesto Wrap
17	Mon	Spaghetti Carbonara
19	Wed	Tuna Salad Sandwich
21	Fri	Chef Salad
24	Mon	Cheeseburger Casserole
26	Wed	Club Sandwich
28	Fri	Chicken Tenders



Home Care & Household Services

Are you looking for some support in or around your home, or know someone else that is?

Please view or download our **Home Care & Household Services** list at *camanocenter.org/programs-services/* or ask for a copy the next time you visit The Camano Center.



If you have services to offer older adults and would like to be added to the Home Care & Household Services list, please contact us for further information.

Services could include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance, and more.

More information: (360) 387-0222 camano

camanocenter.org

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 <u>here</u> and be directed to our calendar. Schedule is subject to change.

Get Connected

General Activities

Mah Jongg

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

Pinochle

Every Mon 1:00-4:00pm Contact: Mary Rauch mjrauch@wavecable.com

or (360) 387-1142

Cribbage

Every Tue 1:00-4:00pm

Contact: Hilda Story (425) 220-4562

Hand & Foot Canasta

Every Wed 1:00-4:00pm

Contact: Marsha Kessler

425-350-8779



Duplicate Bridge

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

Camano Center Library

All Weekdays The library is available Monday through Friday 9 a.m. until 4 p.m.

Camano Center Book Club

1st Wed 2:30-3:30pm Contact: Janet Penny 360-403-5502

Social Dance Simplified

Every Fri
4:00-5:00pm
Cost of each dance class is \$15 and
\$10 for Camano Center members. For information or to register for the class contact Kari at karidz.ski@gmail.com.

Get Vocal Music Makers

Intro to Ukulele

Every Mon 12:00-12:45pm Contact: Ellen Suffern (360) 387-7738

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

Country Western Music Group

Every Fri 1:00-3:45pm Come to the Camano Center Fridays at 1PM. Once you start you can be on an email contact list.





Camano Center Trails

Guided Nature Walk

WEDNESDAYS IN APRIL

Learn about our native plants and our environment.

April 5, April 19, & April 26 following lunch.

Meet your guide in the lobby at 12:45 p.m.

Free to Camano Center Members

Non Members by Donation

Get Active

Exercise & Fitness

Stay Active & Independent For Life

Mon/Wed/Fri 9:00-9:50am

Mon/Wed/Fri 10:00-10:50am

Mon/Wed 2:00-3:00pm

SAIL is a popular strength, balance, flexibility fitness program for adults 65+. Call (360) 387-0222 to be added to the waitlist.



LIFT

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

Pilates/Yoga Fusion

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

Pickleball DEMO Tuesday, 4/04/23

12:00-1:00pm
The Camano Stanwood Pickelball
Association will be conducting a
demonstration of the fasted growing sport in the US!

Get Creative

Art & Sewing

Mending Hearts Quilting Group

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

Paint Group

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

Needle Works

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



Watercolors

Every Fri 11:00-2:00pm Contact: Sheila Tonne (360) 926.8995

Hero Quilters

3rd Wed 10:30-3:00pm

Contact: Sharon Szekely sharonsseams2be@yahoo.com

Saturday April 29th at 1:00pm at the Camano Center

Your Tree's and our changing environment

Would you like to know more about Pacific Northwest trees and some of the current challenges to health some may be undergoing? Are you aware of a change in a favorite tree? Please join us to learn more about our shade giving friends within the surrounding landscape. You will hear possible ways to supplement health of different, native tree species and hopefully come out of the talk with a better understanding of tree needs and desires, especially when normal symptoms of stress are seen. A questionand-answer period follows a brief presentation. Please be aware there may be frank discussion as we look creatively towards a sustainable, treed future.

Sal Noeldner is an ISA Board Certified Master Arborist TRAQ (with Puget Sound Tree Care LLC) who lives and works locally. He loves his wife, cats, and kids.



Where shopping & giving unite

A digital account is needed to participate in Fred Meyer Community Rewards.

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

Click **here** for more information.

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The Camano Chemist

Health Benefits of Vitamin D



I have heard of great health benefits of taking vitamin D, can I take too much?

Great question, and the simple answer is yes you can take too much which can potentially bring about unwanted and sometimes dangerous side effects. Vitamin D is a fatsoluble vitamin (along with Vitamins A and E) which means they can build up in your bodies storage and lead to toxicity. This is unlike the water- soluble vitamins (B's and C) where excess will flush out of your system when you go to the bathroom.

Excess Vitamin D in the body can lead to higher levels of Calcium in the blood stream increasing the risk of kidney stones, heart and blood vessel disease and in some cases heart palpitations. If you are

taking higher doses of Vitamin D over an extended period not prescribed by your physician watch for these symptoms which could be a sign of toxicity: Nausea and Vomiting, weight loss, bone pain, loss of appetite and confusion.

In some patients' cases, Vitamin D can be recommended if you are taking a Calcium Supplement, as 400 IU (10mcg) of vitamin D taken at the same time as your Calcium helps to increase the absorption of Calcium. This is further enhanced if both are taken with a meal.

Please note, there are also some diseases that do need higher doses of Vitamin D, and these doses should be managed by your Physician. Most often these are short term and will be monitored with blood levels your doctor has ordered from the lab.



If you do decide to take a Vitamin D supplement don't forget that you are already getting some Vitamin D from your diet, multivitamin, and from sun exposure. Foods that contain Vitamin D include fish and fortified milk. Multivitamins usually contain 400 IU

(10mcg) of Vitamin D. And finally, sunshine for 1 and ½ to 2 hours per week along with a balanced diet produce enough Vitamin D for the average person under normal circumstances.

Carefully look at the Labels/
Packaging on vitamin bottles as
this is a common cause of confusion with the change in measure of
Vitamin D from IU (international
units) to mcg (micrograms). 400IU
is equivalent to 10mcg. Additionally, you will notice most bottles
now are labeled Vitamin D3.
There is no change in the compound as the previously labeled
Vitamin D was Vitamin D3.

Over the past 10 years a lot of excitement and information was generated about the possible benefits of Vitamin D in the treatment of heart disease, various cancers, and diabetes. Unfortunately, despite years of promising observational data, current randomized studies have not shown those benefits.

As always, <u>never</u> be afraid to ask questions before starting a medication or supplement. Your Doctor and pharmacist can be helpful in guiding your decision making so that you make the best individual choice for your circumstance.

Mark Phibbs Retired Pharmacist & Camano Center Member



COFFEE CONNECTION



CAMANO CENTER COFFEE CONNECTION

<u>CAMANO CENTER MEMBERS</u> can now enjoy free coffee!

Monday - Friday 9:00 AM - 2:00 PM

Check out our newly designed seating and gathering spots to sit, chat with a friend, read a book, work on a puzzle, or do some work with our free Wi-Fi. We look forward to seeing you!



Donations Accepted Thursday-Saturday 360.629.6142

2NDCHANCETHRIFTSHOP.ORG



What's Age Got to Do With It?

Compassionate Aging: Being Kind to Yourself



"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life." — Christopher Germer

https:// www.youtube.com/
watch?v=nWoM2xuXkWo

So, there I sat in the Education Room at Camano Center during the recent 55+ Resource Fair, listening the presentation, "More Than a Senior Moment": Considerations on Brain Changes and Aging, when it occurred to me that I might re-use a "Where's Connie?" column from days gone by as a catalyst for an article on memory loss. Went home, looked it up, and thought, "Yeah! This is some good stuff! Perfect topic for the next 'What's Age Got to Do With It?'!"

Except for the discomfiting fact that I'd already done it – and not even very long ago... (See, "Memory Matters" in the October Camano Connections newsletter.)

Immediately, I started chastising myself, "Oh, Connie – what's wrong with you? How could you think that was a new idea? You dunderhead! Etc." There I was, giving myself the same kind of frustrated scolding I do when I'm standing in the kitchen trying to remember where I put the glass of water I just got up to bring to the table, or sitting down to enjoy an evening TV show and reaching for a long-awaited snack that is NOT where I thought I set it down beside my chair just moments earlier.

Sound familiar? I wondered. So I started on yet another search to see if anyone else reacts the same way to the frustration and sense of helplessness that comes with the inevitable changes in the way we in-

teract with our older selves.

Sure enough, it's not only universal to beat ourselves up about things that are just part of who we are now; there's a better way to proceed along this path through the forest of aging.

All kinds of studies pop up on the value of being kind to ourselves. Check out some of the articles refer-



enced below, or the YouTube guided meditation on self-compassion or on how to bring self-compassion to ageing. Some excerpts that really struck me from one or the other: "New research published in Aging & Mental Health suggests that having a self-compassionate perspective about the aging process has positive implications for health and well-being in later life."

"Self-compassion can be defined as relating toward the self with kindness and acceptance, especially dur-

(Continued on page 17)

Camano Center

Meet Your Board Members



This month I'd like to introduce you to Kathy Sanchez, our Board Vice-President!

Kathy and her husband Steve first got involved with the Camano Center about 8 years ago when they attended our Gala Auction fundraiser. Kathy was so impressed with what our organization did for the community, that she spoke to the Board President to learn more about becoming a board member. Thankfully they took her up on that request!

Kathy has served on our board for 7 years in a multitude of roles and committees. She brings to the organization a wealth of knowledge and experience in management and financial strategies. She is currently an agent with Northwestern

Mutual, and she serves on 2 other boards in the area.

In her spare time, she loves gardening and spending time with her 5 grandchildren...with 3 of them being littles that she spends a great deal of time chasing around outside! In the warmer weather you will find her outside most of the time! She also finds the time to volunteer her gardening skills to the Camano Center's grounds to keep them beautiful.

Thank you Kathy, for all you do for us and our community!

Bonnie Eckley Executive Director



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9300 271st St NW, Suite B-5, Stanwood, WA 98292 Near QFC, between Papa Murphy's and H&R Block

p: 425-272-9435 | StanwoodHearing.com



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 <u>HERE</u> 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!

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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 JCCEXPANSION.COM or contact Kris at 360-654-4100 or KRISA@JOSEPHINECC.COM



Camano Center **Donors**

Donations received February 11 - March 10

Appreciation

Sandy and Edward Allianic—Medical **Lending Closet**

Anonymous—Thrift Shop Customers Anonymous—55+ Resource Fair Jean & Larry Bach—Meal Services & Support

Jo Anne Burklund—Medical Rides Kavoko & James Woods—Medical Rides

Anonymous—Mending Hearts

General

Michelle and Gregory Branch Patricia and Hiram Bronson Bonnie and Richard Cavell Pat Clark and Carol Hoeksema **Puget Sound Tree Care** Vincent and Amber Ferrese Marilyn and Walter Grosjean Linda and John Hadley Connie and Nick Johnson **Anonymous Donor** Mark and Kelly Kraus Arthur and Cindy Lahlum Paula Meckna Pamela Petri **Betsy Shields Duane Simshauser Neil Thomson** Phil and Candy Trautman Doug and Karyn Vorwaller

In Memory

Cindy and Scott Hand—Gladys Stroh

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

A Better Solution In-Home Care

CASA – Camano Animal Shelter Association

CAA – Camano Arts Association

Camano Chapel

Camano Fit

Camano Island Mosquito Control District

Camano Kerri – North48 Real Estate

Cascadia Eye

Coastal Community Bank

Designs Northwest Architects

Jared D. Johnson – Edward Jones

Ronald A. Kennedy – Edward Jones

Health Insurance Advisor 64+ - John Hart

Hemmingsen Elder Care DBA Crest View Adult Fami-

ly Homes

Heritage Bank

Tony Hewlett, DDS

Humana Medicare Advantage – Dale Ballard

Island Harvest Farm

Josephine Caring Community

Kirby's Colors

Brooke Knight, REALTOR

Land Title and Escrow of Stanwood

Law Offices of Julie M. Herber

Laurie's Boutique

Jan Mather - Camano Island Expert

McPherson Pest Control

Northwestern Mutual

Pope Chiropractic

SAAL Brewing Company

Scratch Cooking Camano

Stanwood Endodontics

Stanwood Grocery Outlet

Stanwood Hearing

Stanwood Lions Club

State Farm Insurance – Leslie Tripp Agent

Shirley A. Swanson, EA – Tax Preparation

Windermere Real Estate / C.I.R.

(Continued from page 13)

ing challenging moments of suffering or stress (Neff, 2003), and this construct could explain why some people experience better late-life adjustment than others."

"According to the dictionary, to forgive is to stop feeling angry or resentful toward yourself or others for some perceived offense, flaw, or mistake. Keeping that definition in mind, forgiveness becomes a form of compassion. This is because compassion is the act of reaching out to yourself and others to help alleviate suffering. Forgiving yourself and forgiving others has just that effect." Treat yourself as if you matter. You do! Just as you are.



Heritage Bank Customer Scott Holley of Eddyline Kayaks

pubmed.ncbi.nlm.nih.gov/26147901/

https://

https:// www.psychologytoday.com/us/ blog/turning-straw-gold/202210/4 -ways-treat-yourself-morecompassion

https://self-compassion.org/wpcontent/uploads/2019/09/ Brown2018.pdf

https://www.youtube.com/watch? v=KQWv5W7Y1x4

https://www.youtube.com/watch? v=i7Ff1OooayU

> Connie Johnson CSSA Board Member

Unique solutions for unique businesses

Our business bankers have expert knowledge in industries such as manufacturing, medical, commercial real estate, nonprofit and more. Visit HeritageBankNW.com today to connect with an experienced banker near you.

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









Our Values

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

Our Mission

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

Our Vision

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

Contact Us

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