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Camano Center's own  
Country & Western Music Group





## Board of Directors

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

## HOURS OF OPERATION

### Camano Center

606 Arrowhead Road | Camano Island | WA | 98282  
360.387.0222  
Monday – Friday | 9:00 a.m.—4:00 p.m.

### 2nd Chance Thrift Shop

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

### Shopping

#### Wednesday through Saturday

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

### Donations Accepted

#### Thursday through Saturday (No Wednesdays)

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

## Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director  
Karen Conway | Programs Director  
Kendall Faragher | Information Systems Manager  
Cindy Hand | Donor Relations Director  
Angie Bayley | Administrative Assistant  
Lisa Brents | Volunteer Services Manager  
Karen Bueschke | Bookkeeper  
Adin Collver | Catering Director  
Linda White | Hospitality Coordinator  
Tom Clark | Maintenance Director  
Sylvia Wentz | Thrift Shop Supervisor  
Nicole Conover | Assistant Thrift Shop Supervisor  
John Cross | Thrift Shop Receiving  
John Schulz | Thrift Shop Receiving  
Julia Parker | Cleaning Team  
Mickey Reed | Cleaning Team

## CAMANO CONNECTIONS

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

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



# Camano CRAB DASH

## 5K Family Fun Run / Walk

# Saturday, June 24, 2023



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

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

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

# Programs, Services & Partnerships Helping Older Adults

## *Stanwood Camano Food Bank*

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

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

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

## Sharing is Caring —Support Group

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

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



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

*Karen Conway  
Programs & Development*

## Foot Care Clinic



## Call the Camano Center to schedule an appointment.

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

Fees are as follows:

\$35 toenails

\$6 fingernails

Checks accepted, cash preferred when possible.

**(360) 387-0222**



## Notary Services Available

### *At the Camano Center*

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

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



## Snow Goose Transit

### *Connecting Older Adults*

Snow Goose Transit is a “flex route” service. A flex route service allows us to pick people up from their front door, **if you have mobility issues**. The deviation request must be scheduled 48 hours in advance.

You can schedule a deviation by contacting their office at **360-629-7403 ext. 101** between 8:00 am and 5:00 pm (Mon-Fri). The 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 now served onsite  
Monday and Wednesday!**

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

### **Lars Wengren**

Camano Lead Cook & Food Service Manager

Mornings: Monday, Wednesday, Friday

Phone: (360) 387-0222



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 Camano Island available Monday at  
the Camano Center.

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

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

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

## **May Entrée**

1	Mon	Pork Chops w/ Apples
3	Wed	Chicken Enchilada w/Chiles
5	Fri	Taco Salad w/Ground Beef
8	Mon	Swedish Meatballs w/Mushrooms
10	Wed	Meat Pizza w/Peppers , Veggies, & Onions
12	Fri	Ham & Cheese Croissant
15	Mon	Lasagna w/Ground Beef
17	Wed	Chicken Cordon Bleu
19	Fri	Anti Pasta Salad
22	Mon	Sweet & Sour Chicken w/Pineapple
24	Wed	Reuben Casserole
26	Fri	BLT Wrap
29	Mon	Meal Site Closed
30	Wed	Macaroni & Cheese



## Welcoming Friends, Enriching Lives

In 2019, the Camano Center ended our Adult Day respite program due to COVID 19. We were committed to bringing back this much needed support program and began working on plans to reinstate the program over the past year. In this process, we came across a program called The Old Friends Club that had a similar structure to our Adult Day Program but offered the added benefit of a network of other locations, training opportunities, a complete tool kit of resources and the expertise and support of Dementia Support Northwest (a non-profit focused on educating people about dementia-related diseases and supporting caregiving partnerships).

The Old Friends Club is a community-based social respite program that works to provide reliable, scheduled respite to those caring for a friend or family member living with dementia. Originally started in Carnation, Washington in response to a closing Adult Day Health program, Old Friends Clubs have now spread to four locations in King County. Dementia Support Northwest has expanded that service network further, bringing two programs to Whatcom County, with one program in Bellingham, and one in Lynden.

Starting in July, **the Camano Center will be bringing the Old Friends Club program to our own community by offering a program here at the Center once a week.**

**Guest speaker coming to the Camano Center  
Journey Through Dementia**

**Kelsey Woods, Dementia Support Northwest**

**Tuesday, June 13<sup>th</sup>, 2:00 Camano Center**

Old Friends Clubs are designed to give care providers worry-free time to be at home, run errands, catch up with a friend, or relax and recharge in order to protect and maintain their own physical and mental health. Each Club is a place of friendship and belonging for those living with dementia, where they share life together through conversation, music, art, games, exercise, and a meal.

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

- Low-impact social time to encourage group engagement and support
- Light physical activities
- Art and other creative project
- Group-oriented games and other forms of cognitive stimulation
- Lunch, snacks, and light refreshments throughout the day

Other events may also appear in our programming, including guest performers from around our area, including musicians, presenters, and more, as well as some activities facilitated by those groups. Programming is constantly reviewed and updated to make sure it is aligned with the interests and passions of the members.

If you are interested in learning more about the program or putting your name on an interest list, please contact the Camano Center at 360-387-0222 or email [info@camanocenter.org](mailto:info@camanocenter.org)

*Karen Conway  
Programs Director*



# A New Exercise Program Coming to Camano Center...Otago!

The Camano Center is excited to offer another option in evidence-based fall prevention exercise, Otago! Otago is a unique, progressive exercise program that includes 17 strength and balance exercises that are mostly completed while standing.

Otago is being offered at the Camano Center with program over-

sight through Murdin Therapy, board certified clinical specialist in Geriatric Physical Therapy. Traci Smith, Certified Personal Trainer and SAIL instructor, will be teaching the Otago classes at the Camano Center starting early May.

The class will be held two times a week for 8 week sessions with an

initial fall risk assessment with Traci, the class instructor and a licensed Physical Therapist.

Classes will be held twice a week on Tuesday and Thursday at 11:00. Call us at 360-387-0222 to be added to the Otago Class interest list!

## Home Care & Household Services

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

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

Services available might include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance and much more!

Click [here](#) for the most current list of service providers. The list is also available in person at the Camano Center front desk Monday -Friday 9 am -4pm.



## Camano Center Coffee Connections

Members can now connect and enjoy free coffee at the Camano Center Monday through Friday 9 am until 2pm. Stop by and relax in our newly designed seating area. Read a book, work on a puzzle or visit with friends while enjoying a cup of coffee on us and this month's coffee sponsor:





# Meet the Staff

## Cindy Hand



education at the University of Washington. It was through her daughter's pre-school that she met Karen Conway (another staff member you will read about in future articles) who worked at the Camano Center.

Cindy started her career with our organization by coordinating and leading the efforts of fundraising with our annual gala auction. This

is still a major part of her role, but she has broadened her support in working with local business owners to get involved as members, and to nurture our relationship with donors. She is an amazing advocate for both our members and our community that receive our services.

She loves helping people and is in-  
*(Continued on page 10)*

This month I will begin introducing you to our wonderful staff members that keep the Camano Center and 2<sup>nd</sup> Chance Thrift Shop running so smoothly! First up: Cindy Hand, Donor Relations Director.

Cindy has lived on Camano Island with her husband Scott and 20-year-old daughter Celia for 26 years. They are now empty nesters after Celia has started her ed-

## Welcome New Members!



*New members left to right: Jules Paulus, Sally Hutson, Tesa Reedy, Gene Le Maistre and Chelle Nocchi.*

JanMather@windermere.com

JanMather.com

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**Jan Mather**  
**(360) 507-4133**

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(Continued from page 9)

spired by the many friends and connections she has each day in her job.

In her spare time, Cindy enjoys visiting Celia in Seattle, being outdoors, reading, and cooking. Being outside on a warm sunny Camano day is one of the best days! She describes our organization as a truly special place, and I would add the fact that a good part of why we are special is because of staff like

Cindy! We are very lucky to have her on our team!

*Thankfully,  
Bonnie Eckley  
Executive Director*



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Eddyline Kayaks

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*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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## Camano Center Donors

Donations received  
March 11 - April 10

### Appreciation

Anonymous—Thrift Shop Customers  
Anonymous—Camano Center Services  
James Brothers—Services  
Jo Anne Burklund—Medical Rides  
Kendall Faragher—Candace Spong - Memory Pillows  
Josephine Gilchrist —Camano Center Services/MOW  
Linda & John, Jr. Hadley Friendship Tea  
Lynda Nelson—Friendship Tea  
Traci Smith—Lunch Service

### General

Judy Byrum  
Pat Clark and Carol Hoeksema  
Pat Colvard  
Vincent and Amber Ferrese  
Marilyn and Walter Grosjean  
Connie and Nick Johnson  
Anonymous  
Mark and Kelly Kraus  
Pamela Petri  
Gene Puhmann and Jane Morris  
Joan Ritzenthaler  
Paul and Sandra Schumacher  
Betsy Shields  
Duane Simshauser  
Phil and Candy Trautman

### 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 [JCCEXPANSION.COM](https://www.jcexpansion.com) or contact Kris at  
**360-654-4100** or [KRISA@JOSEPHINECC.COM](mailto:KRISA@JOSEPHINECC.COM)



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*

#### Mah Jongg

Every Mon

9:00-12:00pm

Contact: Melinda Brown (360)387-2940

#### Pinochle

Every Mon

1:00-4:00pm

Contact Mary Rauch

[mjrauch@wavecable.com](mailto:mjrauch@wavecable.com) or  
360 387-1142.

#### Cribbage

Every Tue

1:00-4:00pm

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

#### Hand & Foot Canasta

Every Wed

1:00-4:00pm

Contact: Marsha Kessler  
425-350-8779.



#### Duplicate Bridge

Every Thu

12:30-3:30pm

Contact: Myrna Corcoran  
(360) 770-4197

#### Camano Center Library

All Weekdays

9:00-4:00pm

Camano Center features an honor system lending library available Monday through Friday 9-4.

#### Coffee Connection

All Weekdays

9:00-2:00pm

We look forward to seeing you! Coffee is free to Camano Center members!

#### Tech Tips

Every Tue

10:00-12:00pm

By appointment. Call the Camano Center  
(360) 387-0222

Remember to BRING YOUR LAP-TOP!

#### Camano Center Book Club

1st Wed

2:30-3:30pm

Group Contact: Janet Penny 360-403-5502

#### Social Dance Simplified

Every Fri

4:00-5:00pm

Instructor: Kari Dziejwiontkoski

Cost of each dance class is \$15 and \$10 for Camano Center members. Registration Information:  
[karidz.ski@gmail.com](mailto:karidz.ski@gmail.com)

#### Weekly Friendship Tea

Every Tue

10:30-12:00pm

Begins in June. Space is limited. Please RSVP. Contact: Connie Johnson (360) 652-7211.

## Get Creative

### *Art & Sewing*



#### Mending Hearts Quilting Group

1st & 3rd Mon

9:00-12:00pm

Contact: Joan Huehnerhoff  
(425) 754-6620

#### Paint Group

Every Tue

8:30-12:30pm

Contact: Joyce Dunn  
(425) 446-2777

#### 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





## Tech Tips

Call the Camano Center 360-387-0222 or stop at the front desk to schedule an appointment for one-on-one assistance with Wanda Hill.

Wanda is here to help you learn more about:

- Your Windows operating system
- MS Word, Excel and Outlook and general questions are OK.
- Free to Camano Center members / Non members by donation. ***Remember to bring your LAPTOP!***

### Hero Quilters

3rd Wed  
10:30-3:00pm  
Contact: Sharon Szekely  
sharonsseams2be@yahoo.com

## Get Active

### *Exercise & Fitness*

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

Every Mon/Wed/Fri  
9:00-9:50am  
Class is currently wait listed

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

Every Mon/Wed/Fri  
10:00-10:50am  
Class is currently waitlisted.

#### (2 P.M.) Stay Active and Independent For Life

Every Mon/Wed  
2:00-3:00pm.  
Class is currently waitlisted.

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

Every Tue/Thu  
10:00-11:00am  
Class is currently waitlisted.

### 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

## Get Vocal

### *Music Makers*

#### Using Your iPad as Your Song Book

Every Mon  
12:00-12:45pm  
Beginner to advanced welcome!  
Group 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  
Group Leader: Robin Widoff  
(707) 312-1112

### Country Western Music Group

Every Fri  
1:00-3:45pm  
The genre will be mostly western classics, cowboy, and similar classic folk. All acoustic, except for the basses. Come to the Camano Center Fridays at 1PM.



# What's Age Got to Do With It?

## *Slow Down...You Move Too Fast?*



[https://www.youtube.com/watch?v=tfFIUV\\_N648](https://www.youtube.com/watch?v=tfFIUV_N648)

Have you noticed that some of the themes popular in our first youth (as opposed to “second childhood”) seem to be resurfacing? Back in the day, we were continually advised to “Stop and smell the roses,” and soothed with lyrics from popular songs extolling the virtues of “Taking it easy,” “Slow[ing] down... [because] you move too fast,” or just appreciating a “Beautiful Day.”

<https://www.musicalmum.com/songs-about-taking-it-slow/>

Now let's consider the rising popularity of the current Slow Living movement. It encourages everyone to



“curate a more meaningful and conscious lifestyle that's in line with what you value most in life.” Poor youth – they have to try find the time to learn to do that, whereas we of the older contingent are naturally

entering into a time of life where slowing down to some degree is simply inevitable for most of us.

Isn't it nice to know that the rest of the world is finally starting to realize (again) something that someone of our generation has been fond of saying for quite some time now, “*That's a good thing!*”? Not only is it truly lovely to be given permission to relax a bit, there are many things about slowing down that are actually good for us. Now that we have the time, we

can more easily focus on recognizing what really matters and realigning our priorities accordingly.

“Overall, slowing down will help you make better decisions, connect deeper with people, have more meaningful experiences, all while improving your mental well-being by avoiding burn-out. You may go slower, but you will go further.”



<https://slowlivingldn.com/what-is-slow-living/>

<https://nesslabs.com/the-benefits-of-slowness-down#:~:text=Overall%2C%20slowing%20down%20will%20help,but%20you%20will%20go%20further.>

Just as with most everything in life, there are many perspectives on slowing down. Here are two different approaches to the topic to consider:

[https://www.ted.com/talks/carl\\_honore\\_in\\_praise\\_of\\_slowness?autoplay=true&referrer=playlist-slow\\_down\\_enjoy\\_life](https://www.ted.com/talks/carl_honore_in_praise_of_slowness?autoplay=true&referrer=playlist-slow_down_enjoy_life)

[https://www.ted.com/talks/pico\\_ayer\\_the\\_art\\_of\\_stillness?referrer=playlist-slow\\_down\\_enjoy\\_life&autoplay=true](https://www.ted.com/talks/pico_ayer_the_art_of_stillness?referrer=playlist-slow_down_enjoy_life&autoplay=true)

Connie Johnson  
Camano Center Board Member



# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*



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

[Business Member Form.](#)

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

[A Better Solution In-Home Care](#)

[CASA – Camano Animal Shelter Association](#)

[CAA – Camano Arts Association](#)

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# R & R In the Center Gardens & Trails

## *Grounds Maintenance Committee Update*

Rest and Relaxation is probably the first thought for those who walk the trails and enjoy seeing the seasonal changes in the garden areas around the building, the patio area, and The Vale. Rescue and Rejuvenation is what it means to the many volunteers who have been working to improve our landscape since August 2018.

The Camano Garden Club and FOCIP (Friends of Camano Island Parks) are two special groups who provide volunteers for work parties. Camano Garden Club volunteers do many things in the beds around the building, in the patio area, and the parking lot islands.

FOCIP built and maintains the trails. Recently they have sent several teams to help do much needed heavy pruning and dead plant re-

movals along the trail back of the building.

Last fall the Center approved the project to renovate the very overgrown planting area above the Memorial Wall. The goal is to install plants that will produce a pleasing and more photogenic background for events that happen in the Sundin Room and on the patio. Events like weddings, birthdays, retirements, life celebrations, special group meetings are important sources of revenue for the Center. The better we look, the more events we attract.

All the work for the project so far has been done by volunteers and Tom Clark, Maintenance Manager for the Center. Mark Lowe, the volunteer who built the rock wall and installed the bench in The Vale, did

much of the heavy digging to clear old plants from the area.

The FOCIP team you see pictured here helped Tom move 6 cubic yards of soil/compost mix to the area and then spread it to prepare for plants. Then they helped move the remaining 5 yards into other areas for other volunteers to distribute in the beds.

Landscape maintenance volunteers do not have to belong to a group. There are several independent people who come to work parties. Some volunteers who have "adopted" a bed or area, may come as their schedules allow. Most volunteers enjoy the camaraderie of working with others.

Contact Lisa Brents, Volunteer Coordinator at the Center to sign up to come play and work in our gardens.

*Cathryn Hodl*

*Grounds Maintenance Committee*



Left to Right: Tom Clark, Tim Cuchna, Cathryn Hodl, Hugh Campbell, D.E. Arbogast, Steve Oliver, Jerry Nielsen & Jon Arnold.



SAVE THE DATE

# THE GARDEN GALA

SATURDAY, 9.23.23

AT 5:30 P.M.

17TH ANNUAL GALA AUCTION  
BENEFITING THE CAMANO CENTER

TICKETS ON SALE 8.28.23  
LIMITED TICKETS AVAILABLE  
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## DONATE YOUR VEHICLE!

The Camano Center has connected with Donate for Charity, Inc. enabling donors to make a significant contribution to their favorite nonprofit.

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## Our Values

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

## Our Vision

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

## Our Mission

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

## Contact Us

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