

COMMUNITY LUNCH



SERVED ON FRIDAY

BEGINNING FRIDAY, SEPTEMBER 1

August Highlights

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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

Wednesday through Saturday

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

Donations Accepted

Thursday through Saturday (No Wednesdays)

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

Board of Directors

Jeff Highland | President

Kathy Sanchez | Vice-President

Shirley Swanson | Treasurer

Connie Johnson | Secretary

Larry Carlstrom

Linda Hadley

Ken Johnson

Kelly Kraus

Darlene Miller

Michal Scott

Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director

Karen Conway | Programs Director

Tina Dinzl-Pederson | OFC Program Coordinator

Cheryll Davis | OFC Program Assistant

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

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.

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
CAMANOCENTER.ORG

OLD FRIENDS CLUB



Old Friends Club

Old Friends Club got off to a great start last month. The first full day of Club was full of lively conversation, music, fly casting practice, art and smiles. After a delicious family style lunch and a warm afternoon of outdoor activity, everyone went home tired and ready for a restful evening at home, including our staff and volunteers!

Five volunteers supported Tina and Cheryll, our program staff, in keeping participants engaged in a full day of activities and socializing. Stories were shared and friendships made in the long-anticipated launch of this respite program.

The mission of the Old Friends Club is to *cultivate joy* in the lives of adults with cognitive challenges and nourish the well-being of family caregivers.

Who is The Old Friends Club for?

The Old Friends Club is a place of friendship and belonging for those



Tina Dinzl-Pederson
Program Coordinator



Cheryll Davis
Program Assistant

living with dementia, where they share life together through conversation, music, art, games, exercise and a meal. Because Old Friends Club is designed and staffed as a social model, it does not provide medical services, health monitoring, or medication assistance. Participants need to be able to self-administer medications, participate in a small-group setting, and be able to self-toilet or wear adult undergarments.

Program Basics

Our program is offered on **Thursdays from 9:30 am—2:30 pm.**

This social respite program is built on the same small-group dynamics that underpin support group systems, and caps our program at 12 participants.

To ensure that scheduled respite is not prevented by an already-full

program for the day, program participation (termed “program membership”) is maintained on a monthly-basis, ensuring that your loved one's spot is always saved.

- Program fees are based on an all-inclusive rate of \$425/month.
- Program fees are prorated for partial months for new program members.
- Flat rate program membership fees include funds for program supplies/activity costs as well as a daily lunch and snacks.
- If you carry Long Term Care Insurance, check with the provider to see if day program services are a covered benefit.

Please inquire about scholarship fund if cost is a barrier.

(Continued on page 5)

(Continued from page 4)

How to Join

Limited space results in the need for an application process that begins with filling out the Initial Inquiry Form, and submitting it along with your contact information to reserve your spot on a program waitlist.

Fill out an initial inquiry form by clicking [here](#) or visiting the Camano Center website <https://camanocenter.org/programs-services/>

Your form may also be sent to us via email (info@camanocenter.org), or mailed (606 Arrowhead Road, Camano Island, WA 98282)

Camano Center's program staff will contact you to continue the application process.

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



Club members enjoy an outdoor game in the shade.



BEGINNING UKULELE

DISCOVER THE JOY OF UKULELE PLAYING!

Camano Center
606 Arrowhead Road
Camano Island
12:00 P.M. Mondays

Class starts September 11
Space is limited

Contact: Ellen Suffern
ellensuffern@wavecable.com

Free to Camano Center Members
camanocenter.org

WHAT IS YOUR PROPERTY WORTH?

Complimentary
PROPERTY REVIEW

SCAN WITH YOUR PHONE'S CAMERA:



OR
CONTACT ME DIRECTLY!

Helping you make the right move.

KERRI JONES REAL ESTATE BROKER
NORTH48 REAL ESTATE | 206.963.6615
KERRI@CAMANOKERRI.COM | CAMANOKERRI.COM



Gala LIVE Auction Donation Wish List

Contact Cindy Hand at chand@camanocenter.org

Tickets On Sale August 28th

Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles
- Dinner Party or BBQ
- Lesson or Session with Professional
- Fly Over
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours

Home & Garden

- Outdoor Furnishings/Décor
- Interior Design Services
- Cleaning Services
- Landscape Materials & Garden Help

Sports & Equipment

- Electric Bikes
- 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
- Floral/Bouquet Deliveries

Gala Auction Dessert Dash

Seeking Fabulous Dessert Donations
for the Camano Center's GARDEN GALA
17th Annual Gala Auction 9.23.23

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



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 3rd Wednesday at 11:00 at the Camano Center and often stay for lunch together after the support group. 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.

*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.

Fees are as follows:

\$35 toenails

\$6 fingernails

Checks accepted, cash preferred when possible.

(360) 387-0222

Island Senior Resources

Aging and Disability Resources for Camano Island

Island Senior Resources Main Number

(360) 321-1600

Island Senior Resources is pleased to introduce our newest team member, Angel Merritt. She is an Aging & Disabilities Resource Specialist focusing on Camano clients.

If you or someone you know needs support to thrive at home (meals, transportation, support groups, home caregivers, respite, and more), please reach out to Angel on Mondays at the Camano Center

or call 360-321-1600 to schedule an appointment.

A little background on Angel: she's a Veteran, Military Spouse (Retired), and mother to two boys (ages 17 and 18). She first moved to Island County in 1995 and instantly fell in love with our community.

She enjoys quilting and crafting in



her spare time and has volunteered as an animal rescuer/rehabilitator for over 20 years. She is still deciding if the best pet is a dog or a cat so she got one of each!

Robin Bush

**CAMANO CENTER'S
2ND
CHANCE THRIFT**

2ND CHANCE THRIFT SHOP

**Open
Wednesday-Saturday
10-4**

**Donations Accepted Thursday-Saturday
360.629.6142**

2NDCHANCETHRIFTSHOP.ORG

Reservation Lunch

CAMANO CENTER

**COWBOY
LUNCH**

11:45 A.M. - 1:00 P.M.

**MONDAY 7
AUGUST 7**

Music by
**THE COUNTRY WESTERN
MUSIC GROUP**

RSVP AT THE CAMANO CENTER
FRONT DESK

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.

Community Lunch served onsite Monday and Wednesday! Lunch will be served on Friday beginning September 1.

August Entrée

- 2 Wed Sesame Beef Broccoli Stir Fry
- 4 Fri Ham & Cheese Croissant
- 7 Mon BBQ Chicken Legs
- 9 Wed Chicken Tenders w/Sauce
- 11 Fri Taco Salad w/Ground Beef
- 14 Mon Pulled pork on a Bun
- 16 Wed Chicken Divan w/Noodles
- 18 Fri Tuna Salad on Croissant
- 21 Mon Philly Cheesesteak
- 23 Wed Meat Lasagna w/Marinara
- 25 Fri Greek Salad w/Chicken
- 28 Mon Spaghetti w/Meat Sauce
- 30 Wed Pork Loin w/Applesauce



Left to Right: Lise Corriveau, Ann Barbas, Ernie Major, Adin Collver, Irene Bergstrom, Lars Wengren
Not Pictured: Thelma Moore & Nancy Martineau



Lunch

with the Fire Chief




Levon Yongoyan

Weds. Aug. 23
11:15 a.m. to 1 p.m.
Camano Center





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.

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.

Snow Goose Transit *Connecting Older Adults*

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

You can schedule a deviation by contacting their office at **360-629-7403 ext. 101** between 8:00 am and 5:00 pm (Mon-Fri). The buses have room for several passengers and two wheelchairs. Service is provided to Camano Island, Stanwood, Angel of the Winds Casino, Arlington, and Smokey Point.



SHIBA

Serving Medicare Clients

SHIBA is a free, confidential and impartial counseling resource sponsored by the Washington State Office of the Insurance Commissioner. Volunteer advisors will help you understand your rights and options, and offer up-to-date information so that you can make an informed decision concerning your health insurance needs.

SHIBA volunteers are trained to counsel Medicare-eligible residents of all ages regarding choices, options, and problems with private health insurance, affordable prescription drugs, and Medicare.

Call the Camano Center to be referred to a SHIBA volunteer. (360) 387-0222



Heritage Bank Customer
Scott Holley of Eddyline Kayaks





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



Heritage BANK

HeritageBankNW.com | 800.455.6126 |    



Equal Housing Lender | Member FDIC

Welcome New Members!



New Member Lunch Attendees Left to Right: Susan Bolte, Barbara Flatt, Al Bloomquist, Brenda Bolte, Dean Testerman, Roger Hunter & Janine Clark

Save the date for these upcoming presentations:

The Camano Center is partnering with Hospice of the Northwest to offer three educational presentations this fall:

Wednesday, 10/11, 1:00-2:00

Advance Care Planning: This presentation goes over end-of-life paperwork such as advance directives, durable power of attorney for healthcare and

portable orders for life-sustaining treatment (POLST). Look for a full flier in next months newsletter.

Monday, 11/13, 10:30-11:30

Aging in Place: Learn about resources, tips and safety measures that can help you remain in your home.

Friday, 12/8, 1:00-2:00

Hospice 101: This introduction to hospice services goes through the common myths about hospice, what these services really are, how they get paid and how someone can qualify.

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 on our website. The list is also available in person at the Camano Center front desk Monday through 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 months coffee sponsor:



Josephine
Caring Community
One Heart. Many Hands.

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 Tuesdays,
September 26th – November 28th
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 Tuesday, Sept. 26th, 1:00—2:30 PM

but participants have to be signed up by September 18th

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

by September 18th



CamanoCenter
Get connected.

606 Arrowhead Road, Camano Island, WA

360-387-0222

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary and may be limited and there may be other participation requirements. Where applicable, when playing for money, Camano Center Membership is required.

Most activities are free of charge to current Camano Center members & non member charge for each activity is \$5.00 payable at the front desk at check-in.

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

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

Get Creative

Art & Sewing



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

Mending Hearts Quilting Group

1st & 3rd Mon

9:00-12:00pm

Contact: Joan Huehnerhoff (425)
754-6620

Hero Quilters

3rd Wed every month until

12/20/23

10:30-3:00pm

Contact: Sharon Szekely
sharonsseams2be@yahoo.com

Get Active

Exercise & Fitness

LIFT

Every Tue/Thu

7:00-7:55am

Instructor: Carol Pope
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu

8:00-8:55am

Instructor: Carol Pope
(425) 344-9505

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



Every Mon/Wed/Fri (Class is Full)

9:00-10:00am

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

Every Mon/Wed/Fri (Class is Full)

10:00-11:00am

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

Every Mon/Wed (Class is Full)

2:00-3:00pm

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

Every Tue/Thu (Class is Full)

10:00-11:00am

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

Every Fri (Class is Full)

8:00-9:00am

Get Vocal

Music Makers

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

**Using Your IPad as Your Song
Book**

Every Mon through August
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

Beginning Ukelele

Every Mon
12:00-1:00pm
Beginning September 11
Contact: Ellen Suffern
ellensuffern@wavecable.com



**Get Connected
*Cards & Games***

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

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
(360) 387-1142

**Get Curious
*Special Interest***

Camano Center Library

All Weekdays
9:00-4:00pm
Camano Center features an honor
system lending library.

Coffee Connection

All Weekdays
9:00-2:00pm



(Continued on page 16)

Meet Our Staff

Lisa Brents



This month I would like to introduce you to Lisa Brents, our Volunteer Services Manager!

Lisa worked with us from 2010-2014 coordinating the volunteers, annual auction, memberships, and donor database. She took a break (probably exhausted!) to work in

the aerospace industry until 2021.

We were fortunate enough to be looking for someone to fill a much-needed role after the pandemic, of managing our vast group of amazing volunteers. Lisa joined our team again and we could not be happier!

Lisa and her husband Scott have been on Camano for 17 years. The best part of living here is that she feels

like she is on vacation all the time! With hiking and the outdoors being a couple of Lisa's hobbies, living here is the perfect place. In her free time, you can also find her and Scott traveling from time to time. They recently hiked an average of 13 miles a day in Canada where they enjoyed the wildlife and scenery. Next on their list is Greece!

When I asked Lisa what she'd like people to know about Camano Center and 2nd Chance Thrift Shop that maybe they don't know, it was that you never know what's here for you...an opportunity to learn a game you've never played, participate in music or art that you didn't know you had talent for, or how inspiring it is to volunteer your time and meet new people! Spoken like a true Volunteer advocate!

*Bonnie Eckley
Executive Director*

(Continued from page 15)

Tech Tips

Every Tue
10:00-12:00pm

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.

Friendship Tea

1st & 2nd & 3rd Tue
10:30-12:00pm
Contact: Connie Johnson
(360) 502-3361

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
For more information contact Kari at karidz.ski@gmail.com

JanMather@windermere.com

JanMather.com



"CAMANO ISLAND EXPERT"

Excellent Service

Extensive Knowledge

Especially Fun to Work With!

Jan Mather

(360) 507-4133

Managing Broker,
Windermere Real Estate/ CIR

WINDERMERE  REAL ESTATE



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.

Camano Animal Shelter Association

CASA's 15th DOG WASH

**Saturday
August 12th
11 AM - 4 PM**

**Nail Clipping
\$10**

**Nail Clipping Dremel
\$15**

**Dog Baths
\$10 - \$12 - \$15
(depending on size)**



**Taking place at the Shelter
Corner of East Camano Dr
& Can Ku Road**



All proceeds benefit the programs and animals at the Camano Animal Shelter
Call 360.387.1902 for information - 501 (c)(3) organization



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!

Thank You 2023 Camano Crab Dash Sponsors



Your Support Matters

A match made in health care

// We're better together

The Everett Clinic THE POLYCLINIC

Part of Optum®

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 or contact Kris at

360-654-4100 or KRISA@JOSEPHINECC.COM



Donations received June 11 - July 10

APPRECIATION:

- Carol Anderson-Crab Dash
- Anonymous-Thrift Shop customers
- Anonymous-Mamma Mia Sing-along
- Vicki Baunsgard-SAIL Program
- Carol Biegler-SAIL Program
- Lee and Sandra Clemetson-Mamma Mia Sing-along Event
- Nate and Adin Collver-Camano Center
- Linda and John, Jr. Hadley-Thrift Shop
- Claire & Ed Huehnerhoff-Mamma Mia
- Jill Johnstone-Mamma Mia
- Bruce and Candace Spong-CABAM

GENERAL:

- Patricia and Hiram Bronson
- Bonnie and Richard Cavell
- Paul Savoie and Myrna Corcoran
- Vincent and Amber Ferrese
- Lois Giles
- Marilyn and Walter Grosjean
- Donna Grout
- Connie and Nick Johnson
- Anonymous Donor
- Mark and Kelly Kraus
- Gene Puhmann and Jane Morris
- Betsy Shields
- Duane Simshauser
- Jimmy Thie
- Phil and Candy Trautman

IN MEMORY:

- Carolyn Dilorenzo-Priscilla Guitteau
- Linda and John, Jr. Hadley-Jerry

RESTRICTED:

- Island County Public Health-Fall Prevention Grant
- Murdin Therapy
- Otago Reimbursement Grant

STAR CAMPAIGN:

- Carol Biegler
- Barbara and Lincoln Libby
- Frances Morin
- Traci Smith
- Ray and Joan Cresap



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 Dental Center](#)

[Camano Island Mosquito Control District](#)

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[McPherson Pest Control](#)

[Northwestern Mutual](#)

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[Restoration 1](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

[State Farm Insurance – Leslie Tripp Agent](#)

[Shirley A. Swanson, EA – Tax Preparation](#)

[Windermere Real Estate / C.I.R.](#)



Hospice of the northwest



ADVANCE CARE PLANNING

Advance care planning ensures your goals, values and preferences are known, not only at the end of life, but if you become unable to communicate those desires due to illness or injury. Participants will learn about:

- Advance Directives
- Durable Power of Attorney for Health Care
- POLST (Portable Orders for Life-Sustaining Treatment)

All documents are provided free of charge.

Wednesday, October 11, 2023 at 1 p.m.

Camano Center, 606 Arrowhead Rd

Hospice of the Northwest • www.HospiceNW.org • 360-814-5550

What's Age Got to Do With It?

The Positivity Effect



"It's not how old you are. It's how you are old." - Jules Renard

Recently, I came across a book that sounded worthy of a look-see, considering the fact that the author was even older than I, so she might actually know what she's talking about in terms of aging: *The Ups and Downs of Growing Older (Beyond Seventy Years of Living)* by Viola B. Mecke PHD, ABPP.

I started reading in the usual way, but found the opening chapters to be, shall we say, less than I mean, really, do we actually need to be reminded of the less cheerful aspects of this phase of life? Chapter titles such as, 'Aloneness, Loneliness, Isolation and Depression,' "Confidence and Trust Lost - Life in a Hurtful World," or "The Loss of Independence" made me ready to close the book and look elsewhere for inspiration before I'd gotten very far.

Fortunately, I took a final glance at the chapter titles and discovered a

couple I thought might be less depressing, Chapter 2 "Who are We? What Has Changed?" and Chapter 4 "The Positivity of Aging," gave me just enough hope for something better to skip ahead and keep reading – for a while, at least.

One answer to the question, "Have we changed with age?" ("Yes and No, we are the same and different. Experiences have brought a refinement of behavior.") reminded me of what Gertrude Stein had to say about age, "*We are always the same age inside,*" which led me to this song: <https://www.youtube.com/watch?v=mwG6g5boyF4> "Forever Young" -- Rod Stewart

...and from there, to here: <https://www.youtube.com/watch?v=ZUSYhZ1BoCI> "21 Forever" -- Chris Janson, Dolly Parton, Slash



In short, as American writer Madeleine L'Engle suggests, "*The great thing about getting older is that you don't lose all the other ages you've been.*" Great attitude, right? Research backs up this way of seeing things. "Attending to and remembering what is positive, rather than negative, is a relative preference among older people compared to younger adults.... This effect has been termed the 'positivity effect'." According to the following article, science agrees! <https://www.sciencenews.org/article/positive-attitudes-about-aging-may-pay-better-health>

So, let's keep all this in mind, and look at it this way, "Age is simply the number of years the world has been enjoying you!" – Unknown

https://www.youtube.com/watch?v=5rgHYP0dD_4

"Grow Old with Me" -Tom Odell

Connie Johnson
Board Member

Designed by Freepik. www.freepik.com
The Ups and Downs of Growing Older (Beyond Seventy Years of Living) by Viola B. Mecke PHD, ABPP.
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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 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.

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