

September is  
Senior Center  
Month



**Spaghetti  
Fundraiser**

September 7, 2023  
11:30 a.m. - 1:00 p.m.

**Call the Camano Center to RSVP**



## September Highlights

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Photo: Cowboy Lunch  
Featuring the Camano Center's  
Country Western Music Group



# 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

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

Tina Dinzl-Pederson | OFC Program Coordinator

Cheryll Davis | OFC Program Assistant

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

Garrett Allison | 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.



REGIONWIDE EVENT

# Spaghetti

## FUNDRAISER

*Celebrating National Senior Center Month*

**TICKETS ARE FREE!**

RSVP TO THE CENTER  
OF YOUR CHOICE



THIS EVENT IS A  
FUNDRAISER- PLEASE  
COME PREPARED TO  
MAKE A DONATION  
TO SUPPORT THE  
PROGRAMS OF THE  
CENTER.

THANK YOU!

### FIND YOUR LOCAL CENTER



CAMANO CENTER  
360-387-0222  
THURSDAY SEPT 7TH 11:30AM



EDMONDS WATERFRONT  
CENTER  
425-774-5555  
FRIDAY SEPT 15 12:00PM



LINCOLN HILL  
CENTER  
360-629-7403  
FRIDAY SEPT 15 4:00PM



MONROE COMMUNITY  
SENIOR CENTER  
360-794-6359  
FRIDAY SEPT 15 5:00PM



SKY VALLEY  
SENIOR CENTER  
(360) 793-2400  
SATURDAY SEPT 16 5:00PM



MARYSVILLE PARKS,  
CULTURE AND RECREATION  
360-363-8450  
WEDNESDAY SEPT 20 3:00PM



LYNNWOOD SENIOR  
CENTER  
425-670-5051  
TUESDAY SEPT 26 5:00PM



SNOHOMISH SENIOR  
CENTER  
360-568-0934  
THURSDAY SEPT 28 4:30PM

A detailed still life painting of a bouquet of flowers and butterflies on a dark background. The bouquet includes various types of flowers such as tulips, roses, peonies, and smaller blue and red blossoms. Several butterflies of different colors and patterns are scattered around the flowers, some perched on petals and others in flight. The overall composition is rich and textured, with a focus on naturalistic detail.

# THE GARDEN GALA

SATURDAY 9.23.23  
AT 5:30 P.M.

[Click Here For Information](#)

17TH ANNUAL GALA AUCTION  
BENEFITING THE CAMANO CENTER

# Gala LIVE Auction Donation Wish List

Contact Cindy Hand at [chand@camanocenter.org](mailto:chand@camanocenter.org)

## 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](mailto:debra.kay.martin@gmail.com)  
or call 360-387-0222 for more information



# A Message From Your Board President



About a month ago, I had the opportunity at the Annual Membership Meeting to remark on the successes of the Camano Center in the past fiscal year. I reported that the Camano Center was “thriving”, and in my remarks I noted that everything about the Center, from its programs and people to its buildings and grounds, exudes the high quality which we expect of an excellent organization. Upon further reflection, it occurs to me that “thriving” is also a particularly well-chosen adjective to describe the gardens and landscaping at the Center, very visible examples of the quality which has become our hallmark.

In the early spring, we were all greeted at the Center by yellow *daffodils* along the entrance drive. Anyone who visited the Center during the spring and early sum-

mer could not have missed the beautiful *lavender* border which welcomed members and visitors as they approached the building. The medians in the parking lot were filled with multicolored *daylilies* and *shasta daisies*. Yellow *angelina sedum* line the footpath in the Vale. The landscaping around the Memorial Wall was redesigned in the last several months and, as I write this, it is blooming beautifully with blue *rozanne geraniums* and yellow *coreopsis*. Intended to be garden for all seasons, *autumn joy sedum* will soon appear, and a variety of evergreens will provide winter interest.

A lot of effort goes into maintaining and expanding the landscaping around the Center property—to

keep it thriving. Rudyard Kipling quipped that “gardens are not made by singing ‘Oh, how beautiful,’ and sitting in the shade.” Fortunately, the Camano Center has a cadre of volunteers who diligently, often on their hands and knees, oversee and maintain the quality landscaping at the Center. The impetus for development of the landscaping of the Center’s property came originally from Cathryn Hodl and Bonney Lemkin, and they have continued to provide direction to Tom Clark, the facilities director, and volunteer teams who plant, water, weed, and prune. The Camano Garden Club organizes work parties several times a year to respond to the needs of the season.

*(Continued on page 8)*



*Coreopsis*

# OLD FRIENDS CLUB



## Old Friends Club

Old Friends Club continues to meet regularly on Thursdays from 9:30-2:30, with much success! Our group of participants have enjoyed art projects guided by guest artist, Gail Austin, visiting musicians from the Camano Ukulele group and pianist Carol Williams along with many other games and activities!

We are so grateful for the dedicated volunteers who support this program and offer their friendship and dedication to helping our participants find joy in each day they are here with us. Tina and Cheryll, our program staff, are doing an excellent job developing new programming each week and working hard to get to know each club member's interests and abilities.

**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 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.

## Program Basics

Our program is offered on **Thursdays from 9:30 a.m.—2:30 p.m.**

We can accommodate up to 12 participants, and we do have some space still available.

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 8)*

*(Continued from page 6)*

Friends of Camano Island Parks (FOCIP) take responsibility for the perimeter trail. Heritage Bank supports a Volunteer Day, which allows its employees to give their time and labor to the Center's garden projects. These volunteers shun "the shade" and, through their garden labors, contribute significantly to the welcoming atmosphere of the Camano Center.



Given the visible excellence of the gardens and landscaping at the Center, it seems fitting that the theme of this year's auction is "The Garden Gala." This 17<sup>th</sup> annual gala auction, to be held on September 23<sup>rd</sup>, is the Camano Center's largest annual fund-raising event. Just as our property is showcased by well-tended gardens and plantings, so too must the Vision and Mission of the Camano Center be well-tended and showcased. Offering programs, services, and spaces which enhance the lives and well-being of older adults in our community is a crucially important task. Auction sponsors and attendees have always been generous in their support of the Camano Center. At this year's Garden Gala, we will all have the opportunity, once again, to step out of "the shade" and enable the Camano Center, its programs, and its partnerships to continue to thrive. Kipling would applaud.

*Jeff Highland  
CSSA Board President*

*(Continued from page 7)*

## **How to Join Old Friends Club**

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.

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](mailto: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 participants share their morning project.*



## Meet Our Staff

### Tom Clark

This month I'd like to introduce you to Tom Clark, our Maintenance Director! Tom has been with the organization for 7 years. He and his wife Lisa moved to Camano Island over 7 years ago from Orcas Island and lucky for us, he saw an ad in the Crab Cracker for the maintenance job. Tom is instrumental in our operations at the Center and the Thrift Shop. He works with volunteers to keep the grounds beautiful, helps with receiving at the thrift store and does everything from fixing toilets to



painting our parking lot!

In his free time, Tom and Lisa enjoy spending time with their 7 grandchildren and watching their

sports activities. Tom also works on his 17-foot sailboat that he is building, with a dream of participating in the Race to Alaska in which participants start in Port Townsend Washington, and sail to Ketchikan Alaska on vessels with no motor!

When asked what Tom's favorite part of working at the Center and Thrift store is, he says it's the people and the interactions with them that he enjoys. Speaking from our experience, it's also what the community enjoys about interacting with Tom!

*Bonnie Eckley,  
Executive Director*



**Paint Group**  
**ALL MEDIUMS**  
**Group Meets**  
**Tuesdays:**  
**8:30 a.m. - 12:30 p.m.**  
**Fridays:**  
**12:30 p.m. - 3:30 p.m.**

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**FREE TO CAMANO CENTER MEMBERS**

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**Contact Kitty Tanji**  
**(360) 572-4123**



### 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!

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

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.

## Get Creative

### Art & Sewing



#### Paint Group 1

Every Tue  
8:30-12:30pm

#### Paint Group 2

Every Fri  
12:30-3:30pm  
Paint Group 1 & 2 is an all medium paint community.

Contact: Kitty Tanji  
425 985-1319  
360 572-4123  
email: [dragoes@me.com](mailto:dragoes@me.com)

#### Needle Works

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

#### Mending Hearts Quilting Group

1st & 3rd Mon  
9:00-12:00pm  
Open to all crafters.  
Contact: Joan Huehnerhoff  
425-754-6620

#### Hero Quilters

3rd Wed  
10:30-3:00pm  
The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers.  
Contact: Sharon Szekely  
[sharonsseams2be@yahoo.com](mailto:sharonsseams2be@yahoo.com)

## Get Vocal

### Music Makers

#### Country Western Music Group

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

#### Acoustic Music Group

Every Tue  
2:00-4:00pm  
Acoustic non-amplified musical instruments (except for bass guitar).  
Contact: Robin Widoff  
(707) 312-1112



#### Beginning Ukulele

Every Mon  
12:00-1:00pm  
Class if full. Contact Ellen Suffern for waitlist information  
[ellensuffern@wavecable.com](mailto:ellensuffern@wavecable.com)

#### Camano Ukulele Ensemble

Every Mon  
1:00-3:00pm  
Contact: Val Schroeder  
(360) 387-2236

## 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  
Coffee is free to Camano Center members!

#### Social Dance Simplified

Every Fri  
4:00-5:00pm  
Contact: Kari Dzewiontkoski  
[karidz.ski@gmail.com](mailto:karidz.ski@gmail.com)

**Tech Tips**

Every Tue

10:00-12:00pm

Call the Camano Center to sign up

**Friendship Tea**

1st &amp; 2nd &amp; 3rd Tue

10:30-12:00pm

"Drop By" - very simple, just tables, treats, a pot of tea, and a chance to visit.

Contact: Connie Johnson

[cebnsj@gmail.com](mailto:cebnsj@gmail.com)**Camano Center Book Club**

1st Wed

2:30-3:30pm

Contact: Janet Penny

(360) 403-5502

## Get Connected

### *Cards & Games*

**Cribbage**

Every Tue

1:00-4:00pm

Group Contact is Hilda Story

(425) 220-4562

**Hand & Foot Canasta**

Every Wed

12:30-3:30pm

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](mailto:mjrauch@wavecable.com)

(360) 387-1142

## Get Active

### *Exercise & Fitness*

SAIL is a strength, balance, flexibility fitness program for adults 65+. The class is one hour long and is conducted by Traci Smith, a certified SAIL instructor who is trained to meet individual needs and set goals. Registration for class is required.

**(8 A.M.) Stay Active And Independent For Life (Make Up Day)**

Every Fri

8:00-9:00am

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

Every Mon/Wed/Fri

9:00-10:00am

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

Every Mon/Wed/Fri

10:00-11:00am

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

Every Tue/Thu

10:00-11:00am

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

Every Mon/Wed

2:00-3:00pm

**(11:15 A.M.) Level 1 Stay Active and Independent for Life (SAIL)**

Every Tue/Thu

11:15-12:15pm

**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

# Former Board Member Open House

## Tuesday, October 17, 2023

As we continue to chart the course for our organization's future, we believe it's important to honor and celebrate the legacy that has brought us to where we are today. With this in mind, we are thrilled to invite you to a special open house event for former board members.

Please come to share your stories, help us to fill in history gaps, and meet current board members and staff. If you have any memorabilia, documents, or photos from your time on the board that you'd like to share, please feel free to bring them along.

Refreshments will be provided.

*Bonnie Eckley*  
Executive Director

*The Open House is Tuesday, October 17, 2023*  
*at the Camano Center*  
*1:00p.m. - 4:00 p.m.*

Please RSVP by October 13 by calling the Camano Center  
(360) 387-0222



JanMather@windermere.com

JanMather.com



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Ronald A. Kennedy  
Financial Advisor  
9106 271st St. Nw  
Stanwood, WA 98292  
360-629-5393

MKT-5894L-A-01-AFCSPAD



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.

# What's Age Got to Do With It?

## Weathering the Storm – or How I Learned to Go With the Flow



We've had so much lovely weather, warm & sunny with only brief gentle showers, for so long at the time of this writing that it's been easy to forget the terrible storms other parts of the country have been dealing with. In some ways that's best, since we have no control over those things.

So it is with life. Periods of sunshine followed by darker days are to be expected, rather than feared, as is the process of aging, if we are lucky enough to be allowed to. It's not that the process is always easy or welcome, just that it's inevitable, so we might as well learn to live with it and let life take us where it's eventually bound.



I found the following excerpts from the chapter that inspired the title of this month's column in Viola B. Mecke's book, *The Ups and Downs of Growing Older (Beyond Seventy Years of Living)* to be poetically thought-provoking and reassuring, so I wanted to share them with you. But first, a song (your choice) to set the mood.

<https://www.musicgrotto.com/songs-about-storms/>

Now, for some philosophy.

*"As the waves [of life] now approach the shore of life, they slow in a soft, easy motion. Often the waves gently roll over the sands eventually to become still. Ah, one says, the ideal is to come to the shore of life with calm and peacefulness. But waves hit a rocky shore and in their weakened energy bounce a bit before their waters ease. And such is life."*

<https://www.youtube.com/watch?v=1TIRws5-Z8U>

*"Periods of calm soothe. Times of perfect stillness are present when not a ripple ruffles the water. It is almost eerie, for the quietness portends an oncoming storm. But oh, so peaceful, so beautiful. A sense of an oncoming storm and rougher riverbeds ahead do not despoil the calm. The storm will come as it may."*

[https://www.ted.com/talks/dylan\\_woon\\_the\\_power\\_of\\_acceptance](https://www.ted.com/talks/dylan_woon_the_power_of_acceptance)



Connie Johnson  
Board Member

*"Acceptance calms the waters."*

**WHAT IS YOUR PROPERTY WORTH?**

*Complimentary*

**PROPERTY REVIEW**

SCAN WITH YOUR PHONE'S CAMERA:



OR

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



**KERRI**

# 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 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 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**

## 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

email: [camanokitchen@islandseniorservices.org](mailto:camanokitchen@islandseniorservices.org)



*Left to Right: Lise Corriveau, Ann Barbas, Ernie Major, Adin Collver, Irene Bergstrom, Lars Wengren*

## ***Aging and Disability Resources for Camano Island***

**Island Senior Resources**

**(360) 321-1600**

**Angel Merritt**

**Aging &  
Disabilities  
Resource  
Specialist**

**Mondays at the  
Camano Center**



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.

## September Entrée

- |    |     |  |
|----|-----|--|
| 1  | Fri | Chicken Caesar Salad                   |
| 4  | Mon | MEAL SITE CLOSED                       |
| 6  | Wed | Swedish Meatballs w/Mushroom Sauce     |
| 8  | Fri | Turkey Pesto Wrap w/Tomato & Lettuce   |
| 11 | Mon | Sesame Chicken w/Veggie Fried Rice     |
| 13 | Wed | Tender Salmon w/Lemon & Dill           |
| 15 | Fri | Curry Chicken Salad on Croissant       |
| 18 | Mon | Taco Casserole w/Ground Beef           |
| 20 | Wed | Chicken Alfredo w/Zucchini             |
| 22 | Fri | Ham & Cheese on Rye w/Cheese           |
| 25 | Mon | Chili Stuffed Potato w/Ground Beef     |
| 27 | Wed | Baked & Seasoned Pork Chop             |
| 29 | Fri | Cheeseburger w/Lettuce, Tomato & Onion |





# 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

program 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.





# 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). Thursday, 11/9, 9:30-11:30

Monday, 11/9, 9:30-11:30

Advance Care Planning & POLST form support

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 month's coffee sponsor:



**Josephine**  
Caring Community  
*One Heart. Many Hands.*

# 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!

**B**uild 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.



## 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](mailto:kconway@camanocenter.org)

by September 18th






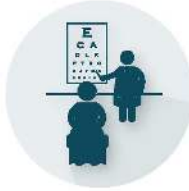


**CamanoCenter**  
*Get connected.*

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

# Take Control of Your Health:

## 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**

 <p><b>1</b>  <b>Find a good balance and exercise program</b></p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p><b>2</b>  <b>Talk to your health care provider</b></p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p><b>3</b>  <b>Regularly review your medications with your doctor or pharmacist</b></p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p><b>4</b>  <b>Get your vision and hearing checked annually and update your eyeglasses</b></p> <p>Your eyes and ears are key to keeping you on your feet.</p>
 <p><b>5</b>  <b>Keep your home safe</b></p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p><b>6</b>  <b>Talk to your family members</b></p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).

## Falls Prevention for Older Adults

# Debunking the Myths of Older Adult Falls

## 10 Myths About Older Adults and Falls



### KEY TAKEAWAYS

**M**any people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

**Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, “It won’t happen to me.” But the truth is that more than 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won’t fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

**Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5: Muscle strength and flexibility can't be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

**Myth 6: Taking medication doesn't increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don't need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

# SHIBA

**Medicare Open Enrollment begins  
Oct. 15th through December 7th.**

This is the time each year when Medicare beneficiaries are allowed to make changes in their Medicare Part D Prescription Drug plan or Part C Medicare Advantage plan. If you don't have either, this is the time you can add one. It is strongly advised that anyone on Medicare who takes prescription medications review their drug coverage each year during this period to ensure that you are getting the best coverage for your medications at the lowest cost. The plans change every year. You can't assume that the plan that worked well for you this year will still be your best option for 2024.

Volunteer advisors from the Statewide Health Insurance Benefit Advisors (SHIBA) Program are available to help you with your choices, using the Medicare Plan Finder tool to analyze your drug coverage under all available Part C or D plans. They can help you enroll in a new plan during your appointment. SHIBA appointments will be available In-Person at the Camano Center on November 8<sup>th</sup>. SHIBA will also offer Zoom video or telephone appointments throughout the Open Enrollment Period, and in-person events in other locations.

All SHIBA Open Enrollment appointments can be scheduled starting October 1<sup>st</sup> by:

- Using our online appointment request form at [www.edmondswaterfrontcenter.org/ewc-programs/shiba/](http://www.edmondswaterfrontcenter.org/ewc-programs/shiba/)

[shiba.OE@edmondswaterfrontcenter.org](mailto:shiba.OE@edmondswaterfrontcenter.org)



**Help with Medicare  
is just a phone call away!**  
**New to Medicare or need help with  
Open Enrollment (Oct. 15 - Dec. 7)?**

SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2024 coverage.  
Be sure to ask us if you can get help paying for Medicare costs.

**Give us a call! We're a free, unbiased service:**  
**425-290-1276** (Snohomish)  
**360-826-8828** (Skagit)  
Or email us: [shibasnohomish@gmail.com](mailto:shibasnohomish@gmail.com)

We're your Statewide Health Insurance Benefits Advisors (SHIBA) program



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# 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](http://www.HospiceNW.org) • 360-814-5550**

# BUSINESS MEMBERS



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](#)

[Camano Chapel](#)

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

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



## Donations received July 11 - August 10

### BE OUR STAR CAMPAIGN

Lee and Sandra Clemetson  
Bob Cole and Shirley Swanson  
Sue Hamilton  
Connie and Nick Johnson  
Judy and Greg York

### APPRECIATION

Anonymous Donor-Friendship Tea  
Jason Lindner-Medical Closet  
Anonymous Donor-Thrift Shop Customers  
Cheri Bloomquist-Friendship Tea  
Tulalip Resort Casino-Programs and Services  
Renee and Larry Miles-Notary Services  
Vicki Shondel-Friendship Tea  
Sharon Walters -Friendship Tea

### GALA AUCTION

John & Helen Linden

### GENERAL

Bonnie and Richard Cavell  
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Vincent and Amber Ferrese  
Karen and Alfred Galvez  
Marilyn and Walter Grosjean  
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Phil and Candy Trautman  
Cindy White  
Getty Family Fund

### IN MEMORY

Robert Hill -Diane Hill  
Barbie Whisler-Ben Whisler  
Camano Roaming Artists Diane Hill

### RESTRICTED

Cathryn Hodl—Camano Center Grounds  
Northwest Regional Council —Old Friends Club  
Community Foundation of Snohomish County—  
Kitchen Equipment



**CAMANO CENTERS**  
**2ND CHANCE THRIFT**

**2ND CHANCE THRIFT SHOP**

**Open**  
**Wednesday-Saturday**  
**10-4**

**Donations Accepted Thursday-Saturday**  
**360.629.6142**

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## RETIRE IN THE HEART OF SNOHOMISH COUNTY

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**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**

 **Josephine**  
Carling Community



## 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