



## OFFICE of the INSURANCE COMMISSIONER

WASHINGTON STATE

Open Enrollment Information

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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

Kendall Faragher | Information Systems Director

Cindy Hand | Donor Relations Director

Angie Bayley | Community Services Director

Lisa Brents | Volunteer Services Director

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.



# 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**

# THE GARDEN GALA

17TH ANNUAL GALA AUCTION  
BENEFITING THE CAMANO CENTER

We would like to extend a big **thank you** to all of you who supported the Camano Center's mission at the 17<sup>th</sup> Annual Gala Auction! Many of you purchased tickets and enjoyed a lively bidding war for the amazing items donated to us, many of you gave to the Fund-A-Mission in lieu of being at the event, many of you volunteered your time in helping set up and make the evening spectacular, many of you sponsored the event, many of you gave items for us to auction off, and many of you work year round in either volunteering or being employed to keep this organization running smoothly.

Each one of you is so important to our success and you should be so proud of your part in helping older adults in our community!



This year's funds will be used to provide support to the Aging Mastery 10-week Class for aging well, the SAIL (Stay Active and Independent for Life) exercise classes, Old Friends Club which provides a safe and fun place for those with dementia and Alzheimer's and respite for their caregivers, and for many other

programs such as our Transportation and Nutrition programs.



Our hearts are full due to the outpouring of support and trust you have given to this organization. We are excited for the next year of providing opportunities that support healthy aging, independence, and well-being for older adults in our community!

Here is the link to our video we shared at our gala this year: <https://camanocenter.org/gala-auction/>

We would love continued financial support to our 2023 Fund-A-Mission. Every donation makes a difference!

<https://camanocenter.org/donate/>

*Thank you –  
Bonnie Eckley,  
Executive Director*

# Meet Our Staff

## Karen Conway



This month I'd like to introduce you to Karen Conway our Program's Director! Karen started her career with the Camano Center in 2013 after attending a workshop on dementia care while she was working at Creekside Continuing Care Community. She spoke with some of the employees present, about what the Center does, and she was intrigued. She became in-

*(Continued on page 18)*

# THANK YOU TO OUR 2023 GARDEN GALA SPONSORS

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*Northwest Washington Disability Attorneys*



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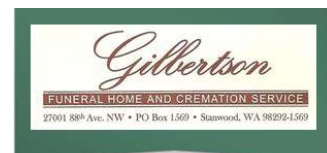
Learn more at [heritagebanknw.com](http://heritagebanknw.com).



*Meet us outside the box.*

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

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# 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 your 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@islandseniorservices.org](mailto:angel@islandseniorservices.org)**

### 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.

## October Entrée

2	Mon	Beef w/Broccoli
4	Wed	Chicken Cordon Bleu
6	Fri	Turkey Cranberry Wrap
9	Mon	Pepperoni Pizza w/Veggies
11	Wed	Ham Slice w/Plum Sauce
13	Fri	Dining Room Closed
16	Mon	Baked Potato Soup
18	Wed	Meatball Sub Sandwich
20	Fri	Antipasti Salad
23	Mon	Fish Sandwich
25	Wed	Pork Loin w/Apples
27	Fri	Chicken Salad on Croissant
30	Mon	Goulash Goulash



# OLD FRIENDS CLUB



## Old Friends Club

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.

Old Friends club continues to meet regularly at the Camano Center on Thursdays from 9:30-2:30 offering adults with dementia an enlivened group that includes socialization, music, art and movement. Each week, relationships deepen as volunteers, members and staff learn more about each other through shared stories, photos and experiences.

The Camano Center Old Friends Club is one of the 4 affiliated Old Friends Club locations that are individually operated and maintained. Old Friends Club is a part of Dementia Support Northwest, a non-profit organization serving northwestern Washington with the mission of educating people about dementia-related diseases and supporting caregiving partnerships. This affiliation is providing our staff



*Adin's delicious Oktoberfest theme lunch.*



*Volleyball—a group favorite!*

and volunteers with a quarterly training session that will be held this month. In addition to training opportunities, Dementia Support Northwest offers the following online support groups for caregivers, family members and individuals living with dementia:

### **Weekly Caregiver Support Group Thursday, 11:00 am**

Virtual, Zoom, Call 360-671-3316 to get link for support group

### **Roundtable for Individuals Living with Dementia**

**Wednesday, 11:00 am**

Virtual, Zoom, Call 360-671-3316 to get link for support group  
Weekly Roundtable is a weekly online Zoom discussion group of people with dementia

### **Virtual Caregiving Support Group for Adult Children Caring for a**



*Morning art activity.*

### **Parent(s) with Dementia 2nd Tuesday, 6:00 pm**

Virtual, Zoom, Call 360-671-3316 to get link for support group

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

If you would like to find out more about the Old Friends Club or see if it is the right match for you and your family member, please call the Camano Center at 360-387-0222.

You can also find more information on our Camano Center website at

<https://camanocenter.org/programs-services/>

If you would like to move forward with setting up an initial visit, you can fill out an initial inquiry form by clicking [here](#) or you can stop by the Camano Center to pick up an inquiry form.

New potential members start with a

*(Continued on page 9)*



## Camano Center Members

### *Make a Difference*

After the devastating fire that wiped out Lahaina, leaving thousands homeless, a local quilt shop in nearby Wailuku, Maui Quilt Shop, put out a call through Facebook and other social media asking for quilts to distribute.

Our own Mending Hearts quilt group immediately stepped forward and has sent five quilts to Maui. The Maui Quilt Shop then distributes the quilts to the fire victims free of charge.

*Joan Huehnerhoff  
Camano Center Member  
Mending Hearts Contact*



*(Continued from page 8)*

short visit to the Old Friends Club on a Thursday along with their care partner to get a feel for the program and make sure it is the right match. A second visit is encouraged and is tailored to the comfort level of the participant (regarding the attendance of their care partner). Our Camano Center Old Friends Club staff will work closely with the family to make sure the transition is comfortable and the necessary paperwork is in place.

**“To walk out of this world full, loved, knowing you are valued and appreciated – that’s what this is all about.”**

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



*Club participants share their morning project.*



# 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.



# 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

**"CAMANO ISLAND EXPERT"**

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**Jan Mather**

**(360) 507-4133**



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# 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:

Please Use Our [Open Enrollment Request Form](#) or visit our website:

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



**Medicare Open Enrollment occurs Oct. 15 - Dec. 7**

Help with Medicare is available in-person, by Zoom or phone

SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2024 coverage.

**Starting Oct. 2, you can schedule your free, unbiased consultation.**

To request an appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: [shiba.OE@edmondswaterfrontcenter.org](mailto:shiba.OE@edmondswaterfrontcenter.org)
3. Go to [www.edmondswaterfrontcenter.org/ewc-programs/shiba](http://www.edmondswaterfrontcenter.org/ewc-programs/shiba)
4. Use our QR code for an online appointment request form



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SHIBA OFFICE of the INSURANCE COMMISSIONER WASHINGTON STATE



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**360-651-9233**

8808 271st St. NW, Stanwood

*Phones answered by staff 24-hours a day*

[www.americancremation.com](http://www.americancremation.com)

**Secured Trust - Advanced Planning Services**

2037026

# 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).

## 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 month's coffee sponsor:



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

# Summer Fun at Cama Beach State Park

## *Snohomish Conservation District*

This summer, Snohomish Conservation District's Youth Education Team hosted a series of family-friendly environmental science tables at Cama Beach State Park. Two to three times a week, our educators facilitated hands-on activities covering a range of science topics including whales, bald eagles, pollinators, and geology. Children and adults alike stopped by to build terrariums, identify seashells, and complete plant scavenger hunts, all in the name of science. These activities deepened visitors' connections to the natural world and introduced them to the native plants and animals of Camano Island.

educator in explaining the process for planting the terrarium and watched eagerly to see what types of native wildflower seeds other guests chose for their planters.



Snohomish Conservation District helps Camano Island residents steward their local natural resources. Our educators supported this effort by sharing direct conservation actions alongside the activities they facilitated at Cama Beach State Park. They spoke with visitors about picking up litter, preventing

stormwater pollution, reducing pesticide use, and creating wildlife habitat. Families left our tables ready to make a positive environmental impact in their community.

By the end of the summer, our educators interacted with 713 people at Cama Beach State Park! They enjoyed talking with so many Camano Island residents and visitors and can't wait to host more educational tables at this state park next summer.

*Brianna Bjolstad*

*Snohomish Conservation District*



At one science table, a young visitor had so much fun building a terrarium that he stuck around to invite other youth to participate in the activity. He assisted our

**FOOD SERVED  
3-6 BAR &  
OUTSIDE OPEN  
UNTIL 7**



**26TH ANNUAL CHILI CHOWDER COOK-OFF**

Presented by the Camano Island Chamber of Commerce and our Title Sponsor



**NOVEMBER 11, 2023 | 3-6PM**

Camano Center 606 Arrowhead Rd. Camano Island

**TICKETS \$15 ONLINE (EVENTBRITE) \$20 AT THE DOOR - 10 TASTINGS PER TICKET**

**BEER | WINE | CIDER | LIVE MUSIC | RAFFLE | ART AUCTION**

# Holiday Craft & Gift Bazaar

## with Bake Sale and Holiday Cafe

All the vendors are signed up and working to get their beautiful handmade items prepared for the Holiday Craft & Gift Bazaar at the Camano Center on Saturday, November 18th. Back this year by popular demand is the Holiday Café!

This well established event features over 50 vendors with one-of-a-kind gifts including pottery, soaps, lotions, holiday décor, jewelry, knit items, wooden bowls, textile totes and bags, wellness products, silk scarves, specialty food items, fused glass and more! You can look forward to some of your favorite returning vendors and some new crafters that are coming for their first time.



## Bake Sale

Saturday, November 18  
During the Holiday Craft & Gift Bazaar  
Sign up at the Front Desk

Please bring items  
Friday, November 17 by 4:00 PM

No perishables or items needing refrigeration please. Package items in small amounts, the seniors like the small packs and families can always make multiple purchases.

### Baked Goods Suggestions:

- Cookies - packaged 6 or 12
- Berry Pies
- Sugarless items & snack mixes like Chex Mix
- Small loaves of quick breads
- Dinner rolls
- Yeast breads— preferably whole wheat or whole grain
- Pumpkin items (seasonal flavored items)
- Label items with special ingredients - especially nuts
- Single individually wrapped items ie. donuts, cinnamon rolls that can be purchased early in the day with coffee. (The vendors loved this!)
- Snicker doodle cookies and donuts
- Gluten free baked goods
- Carmel Corn or other flavored popcorn



Camano Center & Camano Sue's Art  
present  
the

## Holiday Craft & Gift Bazaar

OVER 50 VENDORS!

BAKE SALE  
CANDLES, SOAPS,  
HOMEMADE CRAFTS,  
JEWELRY,  
AROMATHERAPY,  
CLOTHING & MORE!

Lunch  
at the  
Holiday Cafe

@The  
Camano  
Center

Saturday  
Nov. 18  
9-4

CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND  
CAMANOCENTER.ORG | 360.387.0222

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 more information for each activity.

## Get Creative

### Art & Sewing



#### Paint Group 1

Every Tue  
8:30-12:30pm  
Contact: Kitty Tanji (425) 985-1319, (360) 572-4123 or email: [dragoes@me.com](mailto:dragoes@me.com).

#### Needle Works

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

#### Paint Group 2

Every Fri  
12:30-3:30pm  
Contact: Kitty Tanji  
(425) 985-1319, 360 572-4123 or email: [dragoes@me.com](mailto:dragoes@me.com).

#### Mending Hearts Quilting Group

1st & 3rd Mon  
8:00-12:00pm  
Contact: Joan Huehnerhoff  
(425) 754-6620

#### Hero Quilters

3rd Wed  
10:30-3:00pm  
Contact: Sharon Szekely  
[sharonsseams2be@yahoo.com](mailto:sharonsseams2be@yahoo.com)

## Get Vocal

### Music Makers

#### Acoustic Music Group

Every Tue  
1:00-3:00pm  
Contact: Robin Widoff  
(707) 312-1112

#### Country Western Music Group

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

#### Beginning Ukulele

Every  
12:00-1:00pm  
Class is full. Contact: Ellen Suffern  
[ellensuffern@wavecable.com](mailto:ellensuffern@wavecable.com)



#### Camano Ukulele Ensemble

Every Mon  
1/02/23-12/31/23  
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!

#### Tech Tips

Every Tue  
10:00-12:00pm  
Call the Camano Center  
(360) 387-0222 to sign up

#### Friendship Tea

1st & 2nd & 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

**Open House Board Reunion**

Tuesday, 10/17/23  
1:00-4:00pm  
Inviting all former and current Board members to come share your knowledge, stories, and dates of importance to help fill in our history gaps!

**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)  
or 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 held at the Camano Center and is conducted by Traci Smith, a certified SAIL instructor who is trained to meet individual needs and set goals. Contact the Camano Center to be placed on the interest list.

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

Every Mon/Wed/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

**(9:15 A.M.) Stay Active and Independent for Life (SAIL)**

Every Tue/Thu  
9:15-10:15am

**(10:15 A.M.) Stay Active and Independent for Life (SAIL)**

Every Tue/Thu  
10:15-11:15am

**(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

*(Meet our Staff Continued from page 5)*

volved as a volunteer and it wasn't long after that we were lucky enough to bring her on board!

Karen and her husband Stewart moved to Camano Island in 1998 soon after becoming newlyweds. They lived in a small cabin with no heat while building their current home! They raised their son and daughter here and simultaneously ran a very popular basil farm for 20 years. Both children worked at the Center as teens over the years.

When asked what she would want people to know about the Center that are not aware of what we do she said "Coming to the Camano Center is a great way to get connected to the Camano Community and the wonderful people here! There are so many options at the Center to support people in living their best lives from exercise classes, meals together, creating art or music together, educational presentations, tech support, resources and support, volunteering, the list goes on and on"!

When asked what she enjoys most about working here, she said "The people I get to interact with every day. The staff, volunteers and community members that are here enjoying the Center in a variety of ways fill my cup! Hearing their stories about how something they have been involved with here has impacted their lives in a positive way... you can't beat that"!

*Bonnie Eckley  
Executive Director*

## Welcome New Members!



*New member lunch attendees left to right: Sherry Smith, Cheri Rorvick, Ann Curtis, Beverly Bradley & Pamela Waterbury*

**WHAT IS YOUR PROPERTY WORTH?**

*Complimentary*  
**PROPERTY  
REVIEW**

**SCAN WITH YOUR PHONE'S CAMERA:**



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**KERRI**

# 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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[Jan Mather – Camano Island Expert](#)

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[Restoration 1](#)

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[Stanwood Lions Club](#)

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

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

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

# What's Age Got to Do With It?

## WRINKLES IN TIME (AND ON OUR SKIN!)

Before we begin, let's set the mood with a song: "Wrinkles" performed by Mike Waters

<https://www.youtube.com/watch?v=3DwDNSmNz9A>

...and some pictures from *Laughing Through the Wrinkles – a Hilarious Guide to Growing Old* <https://laughingthroughthewrinkles.com/beauty-of-old-age/>:

If you like these, you'll most likely enjoy taking a peek at the others on the website, too.

Being a total "wordie" myself, the



prose gave me at least as much needed cheer as the pictures. I mean, yes, we all knew wrinkles would eventually invade our smooth epidermis, but that was from the perspective of unwrinkled youth. It's a far different matter when viewed from within our time-altered casing!

In that vein, every so often I find myself caught off guard, and then somewhat fascinated by the ever-evolving topography of skin. Time has transformed the smooth expanses of formerly taut and flexible epidermis into a webbing of patterns that shift and change with

*(Continued on page 22)*

### HARVEST TEA

Tuesday, October 10  
10:30 a.m. - 12:00 p.m.  
Camano Center

*Celebrate the warmth and beauty of Autumn with us at our quarterly Friendship Tea.*

*Enjoy Tea, Treats, and More:  
Pop-Up Tea Shop, Mini-Auction, Games*



*"Bring a Friend, Make a Friend"*

*Reserve Your Seat*

*at the Table!*

**CONTACT CONNIE JOHNSON**  
**(360) 652-7211 [cebnsj@gmail.com](mailto:cebnsj@gmail.com)**

*Free for Camano Center Members  
Non-members \$5*



## Paint Group

**ALL MEDIUMS**

**Group Meets**

**Tuesdays:**

**8:30 a.m. - 12:30 p.m.**

**Fridays:**

**12:30 p.m. - 3:30 p.m.**

**FREE TO CAMANO CENTER MEMBERS**

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

# Donations

*August 11-September 10*

## APPRECIATION--

Anonymous Donor-Thrift Shop Customers  
 Oren and Gay Campbell-SAIL  
 Jenn Chang-In Honor of Gordy Holmes Pickleball Club Hero  
 Anonymous Donor-Aging Mastery & Exercise Programs  
 Dave & Amelia Johnson-Coffee for Coffee Connections

## Appreciation:

### Spaghetti Lunch Fundraiser

Sandy Lemaich  
 Friends of Camano Center  
 Ann Barbas  
 Lynda Buehring  
 Karen Conway  
 Joyce Delk  
 Celia Fortino & Craig Smith  
 Marilyn and Walter Grosjean  
 Linda and John, Jr. Hadley  
 Cindy Hand  
 Connie and Nick Johnson  
 Jill Johnstone  
 Traci Smith  
 Bruce and Candace Spong  
 County-General

## GENERAL

Victoria Angel-Car Donation through Donate For Charity  
 Ginny Berube  
 Patti and Andy Carr  
 Pat Clark and Carol Hoeksema  
 Dwain Colby  
 Vincent and Amber Ferrese

Vicky Giannelli-Gen. Kitchen Needs  
 Marilyn and Walter Grosjean  
 Lynn Hackstaff  
 Linda and John, Jr. Hadley  
 Connie and Nick Johnson  
 Anonymous Donor  
 Mark and Kelly Kraus  
 Paul and Sandra Schumacher  
 Betsy Shields  
 Duane Simshauser  
 Phil and Candy Trautman  
 Carol Watkins  
 Camano Lutheran Church  
 Community Foundation of Snohomish County

## GALA AUCTION

Friend of Camano Center  
 Charles Kohler and Carla Mizuta  
 Lisa & Brian McCarthy  
 Providence Regional Medical Center

## IN MEMORY

Pete and Sylvia Domoto-In Memory-Diane Hill  
 Linda and John, Jr. Hadley-In Memory-Jack Rider

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*Expected occupancy: Late 2024*

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*(Continued from page 20)*

our every move. I recognize textures echoed in fabrics: pleats and shirring, crisscrossing plaids; fine-wale corduroy, watered silks and rough-woven woolens. Other times I see images of natural surfaces: peaks and valleys, braided streams, waves lapping at the shore, the dappled shadows of leaves, bark, ripples on the surfaces of water and sand, grasses blowing in the wind. Always, a visible reflection of our journey through time. A map of sorts, illustrated in an oddly beautiful way, if only we can let ourselves see it that way. Consider this perspective taken from the same

website that still has me grinning – laugh lines be damned!

*“Wrinkles are the roadmaps of life, and old age is like a globe-trotting adventure. It’s as if each wrinkle has its own passport stamp, narrating tales of laughter, tears, and unforgettable moments.”*

These lyrics from “Laughter Lines” performed by Bastille say it well, too. <https://www.youtube.com/watch?v=8ccFSXgdv5U>

*“I’ll see you in the future when we’re older*

*And we are full of stories to be told*

*Cross my heart and hope to die I’ll see you with your laughter lines  
Changes on our hands and on our*

*faces, oh, oh*

*Memories are mapped out by the lines we’ll trace.”*

So, how shall we choose to deal with the inevitability of our wrinkles? Lotion, Botox and surgery can only do so much, and the effects are at best temporary, at worst an unconvincing proof that we are bothered by changes that cannot be denied. Better to embrace the wrinkles and develop the kind of attitude described in this segment: “The Funny Side of Aging: Embracing the Beauty of Old Age with Laughter.”

*“Gravity might try to pull us down, but aging over time equips us with a secret weapon: laughter. It’s the best non-surgical facelift, keeping your spirits lifted and your smile radiant.”*

“Nothin’ I can do about the Wrinkles” performed LIVE by “Mrs. Kate” Carpenter

<https://www.youtube.com/watch?v=oRo8sHchfiA>

*“Life’s too short to worry about getting older. Just embrace the journey, enjoy the ride, and make sure to collect hilarious stories along the way.” –Laughter Advocate*

Connie Johnson  
Board Member

