

OLD FRIENDS CLUB



DEMENTIA SUPPORT
Northwest

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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

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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.

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Thank You for your financial gifts to our Project!

Click [here](#) to see the early results.



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A Message From Your Board President



special appeal to me. Following the fun of summer, with its extended daylight, outdoor activities, family gatherings, and travel adventures, I welcome the change of pace of autumn. It's a time to live life at a slower tempo, to appreciate the abundance of the harvest which spring and summer labor has brought forth, and to prepare for the winter ahead. Nature assists in marking this change. The bright light of summer becomes much leaner as the sun moves south; shadows lengthen, the daylight shortens. Fog often softens the morning sunrise, and dew on the lawn lasts until midday.

Leaves litter the ground and gather in piles against backyard fences. My attention in autumn focuses more on inside activities, which I welcome. I put summer clothes away and get winter ones out. An important task is to have my gas fireplace serviced, so that I can enjoy its company during the late autumn and winter months. I anticipate the pleasures of my home by restocking my pantry, cleaning rooms which have been neglected due to summer inattention, perusing autumn-themed cookbooks to find favorite recipes, and sharing the company of friends with

(Continued on page 14)

As I write this, the autumn season is in its third month and quickly fading into winter. While I enjoy the blessings of each season of the year, autumn has always had a

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.

Every Thursday, Old Friends Club staff and volunteers welcome our club members to a day filled with social connections, music, art and movement. In November, our group celebrated both Veterans day and Native American Heritage Month with shared stories, music, and special collected items and artifacts.

How to Join Old Friends Club

If you would like to find out more about 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 to schedule a time to stop by for a visit or check our [website](#) for more information.



Exploring Native American Heritage through music.

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 10:30 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 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



national council on aging

Behavioral Health for Older Adults

7 Tips for Navigating Grief During the Holidays



Key Takeaways

As the holidays approach, you may experience conflicting feelings. Accepting the range of feelings and expressing feelings are important for coping with grief.

It's important to intentionally take care of yourself when grieving. Consider creating a checklist of healthy behaviors.

Holidays can still be a time of connection and meaning. Planning ahead, being flexible with traditions, and incorporating rituals to honor loved ones can help.

It can be difficult to know how to navigate grief at any point in time—there is no roadmap for grief, a variety of grief reactions exist, and grief can look very different from one loss to the next. At certain times, such as the holidays, grief might be heightened.

As the holidays approach, grieverers may find themselves bracing or feeling overwhelmed, anticipating how to handle gathering without the deceased loved one, fearing being saturated in grief, or questioning whether it is okay to celebrate and feel happy amidst loss.² In contrast, they may find that their grief seems unusually quiet, but this, too, can bring a sense of unease.

There isn't a "right" way to grieve or to experience grief around the holidays, but if you are experiencing challenges, the following coping approaches might bring support and comfort, leading to a more manageable or healthy holiday experience.

1. Learn about grief

Acknowledging feelings and understanding that grief is sometimes heightened around, during and immediately post-holidays can be reassuring, resulting in feeling less isolated in your grief or less like something is "wrong" with you. The absence of the loved one may feel particularly poignant at the first holiday gatherings. Recognizing this and acknowledging related feelings with others can be helpful. It's also helpful to know that there are a variety of grief reactions, and each person has a right to their feelings. It's important to have compassion for and avoid judgement of your own or others' feelings, as everyone is navigating grief in their own way.

2. Express feelings

Expression is helpful for coping with grief. Concerns about the holidays can be explored with a trusted friend, family member, professional or support group. Feelings can also be expressed without speaking with others, though therapeutic writing activities. One such activity is to set a timer for three or more minutes and write out any thought that comes to mind, without censoring or judging feelings.^{3,4} The process may lead to insights or shift emotions.

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Another helpful writing exercise is to write a letter to the deceased loved one. Express what you miss about them, and how you are feeling about experiencing the holidays without them. This exercise may bring a sense of connection to the loved one and can help to move stuck feelings.

3. Be flexible with holiday traditions

Understandably, the holidays will feel different after a loved one has died, and all family members may need to manage expectations around traditions. It will be important to be flexible and creative with holiday traditions.

For example, if a host who might typically cook for the family does not have energy to do so, shifting to a potluck meal might be helpful. If the person who died was in charge of a ritual, it will be important to either pass along the ritual to a different family member or create new rituals and traditions. Creating rituals to honor the loved one, such as sharing favorite memories, making one of their favorite foods, listening to one of their favorite songs, lighting a candle in their honor, or wearing clothes in their favorite color, can help to feel connected.

Traditions may change, but holiday gatherings can still bring a sense of connection and meaning, as well as

an outlet for honoring the loved one.

4. Draw from past coping skills and advice

Previous coping skills with any loss in life can be helpful when experiencing grief during the holidays. It can be difficult to bring coping skills to mind in the moment when we need them, so keep a running list of coping approaches to draw from.

Many of us have blocks when it comes to giving advice to ourselves, yet we are able to give helpful advice to others. Pretend someone in your same position is standing in front of you, seeking support. What would you say to them? Write down what you would say to others so you can apply your own sage advice to yourself!

5. Take care of yourself

Grief often causes dysregulation in the body. It is essential to take care of yourself when grieving, yet it is easy to forget to do so. A checklist can help to make sure that healthy habits are implemented.

Make a list of actions that help to keep the body regulated, such as drinking water, getting fresh air, and eating meals, and a list of actions that can quickly bring a moment of calm, such as planting the feet on the ground and taking a few deep breaths or drinking a comforting cup of tea. Even two-minute actions can bring some

relief, if done mindfully, with the intention to calm the body.

When you are at a holiday event, personal self-care rituals can help to bring comfort, such as keeping a stone in your pocket and holding onto it in moments when comfort is needed. Or, when touching the stone, using it as a reminder to take a deep breath, and to relax any tension in the body. Keeping grounded in health can help create steadiness amidst the myriad of feelings during the holidays.

6. Hold conflicting feelings

You can avoid getting stuck in one feeling by allowing yourself to hold conflicting feelings together. It's important to not judge your feelings and to remember that you can feel sad over the loss of your loved one while also feeling happy about gathering with other family members. Feeling happiness does not minimize the loss of the loved one and does not have to lead to suppressing sadness. We can hold many feelings and conflicting feelings at once and giving ourselves permission to do so can bring ease to the body and mind.

7. Plan ahead and set boundaries

As you anticipate any potential challenges around the holidays, you can gain a sense of control by planning ahead, thinking carefully about what you can and can't

(Continued on page 8)

handle and remembering that you have choices.⁶ For some people, the holidays will pose challenges, while for others, the holidays may be comforting. If visiting all day with others sounds overwhelming, you might decide to attend a gathering for a short time or not attend altogether. It's not always easy to let others know that your

own plans are changing, but you can practice ahead of time how to communicate what you need, and you can offer compassion and understanding to yourself and to others regarding decisions about the holidays.

By thinking ahead, you can recognize what you might need in order to enjoy the holidays. For example, you might find that small

10-minute breaks are needed to maintain energy, and you can plan to go on short walks during the gathering to rejuvenate.

If you don't feel like you can say no to attending an event, or if it's not realistic to say no, you can have a plan in place for unwinding and rejuvenating after the gathering.

From the National Council on Aging

CASA's Lights of Love



**\$5 donation per light
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Pick up an order form:
- At shelter
- Online
www.camanoanimalshelter.org

Tree on display at
RE/MAX Elevate
Camano Plaza

**November 27 –
December 27**



**Honor your pet
this holiday
season**

Island Senior
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Stimulate thinking, creativity,
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each month from our Activity Hub
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360-321-1600

JanMather@windermere.com

JanMather.com

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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.

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 for assistance.

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.





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:



Save the date for this upcoming presentation:



Friday, December 8 1:00-2:00 p.m.

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.

In Home Care Registry

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 9am-4pm.



SHIBA

Medicare Open Enrollment now 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 will also offer Zoom video or telephone appointments throughout the Open Enrollment Period, and in-person events in other locations.

Advisors are available Monday through Friday, 8:00am to 4:00pm.

Call (425) 290-1276 and leave a message for a call back to schedule either a phone, in-person, or Zoom appointment.



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
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba
4. Use our QR code for an online appointment request form



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



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Monday & Wednesday Community Lunch and Meals on Wheels Home delivered meals are prepared on site by Island Senior Resources.

Friday Community Lunch is prepared and served by Camano Center Catering.



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

**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

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

Community Lunch Entrée

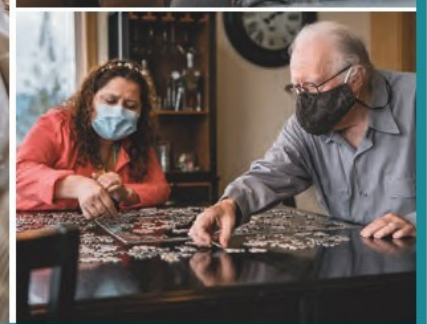
- 1 Fri Nancy's Oven Fried Chicken**
- 4 Mon Swedish Meatballs w/Mushrooms**
- 6 Wed Creamy Chicken Alfredo**
- 8 Fri Beef Lasagna Casserole**
- 11 Mon Beef Chili Stuffed Potato**
- 13 Wed Holiday Lunch: Cornish Hen & Stuffing**
- 15 Fri Pork Schnitzel w/ Lemon Sauce**
- 18 Mon Meat Lasagna w/Marinara**
- 20 Wed Ham & Scalloped Potatoes**
- 22 Fri Beef Stroganoff**
- 25 Mon Closed Merry Christmas**
- 27 Wed Meatloaf w/Tomato Topping**
- 29 Fri Fettuccini Alfredo w/Chicken**





Hospice

of the northwest



HOSPICE 101

Live every moment with compassion & dignity

Join an expert from Hospice of the Northwest to learn the basics of hospice care: the types of support it provides to patients and families, eligibility requirements, how it's paid for, and how to get started. There are many myths and misconceptions about hospice, so the truth may surprise you!

Friday, December 8, 2023 at 1 p.m.

Hosted by the Camano Center

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

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A Message from Your Board President

warming toddies. I turn my attention to the stack of recommended-but-unread books which sit on my dining room sideboard. A good book or a pleasant conversation, a cup of tea, and a warm hearth—these and other comforting gifts of autumn create in me a sense of contentment and “well-being” which no other time of year can match.

The Camano Center imparts this sense of “well-being” to its members and visitors all year long, but it is particularly present, I think, during the autumn season. At this time of year, the stone fireplace in the entrance hall greets guests with a warm glow, and invites them to relax on the overstuffed couches, catch up with friends, or give the newspaper a “once-over”. Just down the hall is a wonderful selection of books in the Library. Seating, available in nooks and crannies, offers quiet places to rest, read, and enjoy free coffee, offered daily through the Coffee Connection. Connie Johnson and volunteers invite folks to join them at Friendship Teas, available in the late mornings of the first three Tuesdays of each month; a harvest-themed tea was held in October to inaugurate the autumn season. As a welcome contrast to the chill of autumn, a hot lunch is offered on Monday, Wednesday, and Friday at the Camano Center; in the spirit of autumn hospitality, everyone is welcome. Outside, dedicated volunteers continue to maintain the grounds, collecting leaves and yard debris and preparing flower beds and other planting for the winter.

I am always a bit wistful as the autumn season ends. But as the seasons come and go, I know that the coziness and sense of well-being, so present during the autumn at the Camano Center, will continue to beckon members and guests throughout the year. Enjoy the remaining days of autumn--before they are gone.

*Jeff Highland
Board President*

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GET CONNECTED



Stanwood (360) 629-8233 Camano Island (360) 387-4663

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DECEMBER FRIENDSHIP TEAS

"BRING A FRIEND ~ MAKE A FRIEND"

COME FOR
TEA & TREATS
Games, Raffles, Videos
&
A GOOD VISIT
WITH FRIENDS
(Both Old & New)

10:30 – Noon
1st, 2nd & 3rd Tuesdays
(December 5th, 12th & 19th)

Education Room
Camano Center

CALL Connie
360-652-7211



Camano Center Presents

**THIS EVENT IS
AGES +21 ONLY**

Not Your Ordinary



Barbie

Raffles

**Barbie's
Dream
Bar opens
at 5:30**

BINGO

Fundraiser

Saturday, January 13, 2024 at 6pm

Doors open at 5:30/Bingo begins at 6:30

With

Sylvia O'Stayformore



**CASH
PRIZES**

All proceeds support the Camano Center!

\$25 (includes dinner & entertainment)

\$20 Cash/Check at the door for 10 BINGO Cards

Purchase your tickets online beginning December 4th at camanocenter.org

606 Arrowhead * Camano Island * 360-387-0222

camanocenter.org

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 on each activity.

Get Creative

Art & Sewing



Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Contact: Joan Huehnerhoff

(425) 754-6620

Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

Contact: Mary Beckham

(360) 387-6958

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

Contact: Sharon Szekely

sharonsseams2be@yahoo.com

Paint Group 1

Every Tue

8:30-12:30pm

Location: Craft Room

Contact: Kitty Tanji

(425) 985-1319

Paint Group 2

Every Fri

12:30-3:30pm

Location: Craft Room

Contact: Kitty Tanji (425) 985-1319

Get Vocal

Music Makers

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder:

(360) 387-2236.



Acoustic Music Group

Every Tue

1:00-3:00pm

Location: Jensen Room

Contact: Robin Widoff

(707) 312-1112

Get Curious

Special Interest

Using Your iPad as Your Song Book

Every Mon

12:00-1:00pm

Location: Craft Room

Contact: Lee Clemetson

(425) 308-4037

Camano Center Library

All Weekdays

9:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home.

Tech Help for iPhones and iPads

Every Mon

November 27 - December 18

12:00-1:00pm

Location: Craft Room

Instructor: Lee Clemetson

Show up with your iPad or iPhone. No need to register for this one.

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Call the Camano Center to schedule an appointment No iPhones or iPads. Bring your laptop.

Friendship Tea

1st & 2nd & 3rd Tue

10:30-12:00pm

Location: Education Room

Contact Connie Johnson (360) 652-7211 for the schedule.

Camano Center Book Club

1st Wed

2:30-3:30pm

Location: Conference Room

Reading list is from the Sno-Isle library.

Contact: Janet Penny
(360) 403-5502

Social Dance Simplified

Every Wed

3:00-4:00pm

Location: Craft Room

Get Connected

Cards & Games

**Mah Jongg**

Every Mon

9:00-12:00pm

Location: Education Room

Contact: Melinda Brown
(360) 387-2940

**Pinochle**

Every Mon

1:00-4:00pm

Location: Education Room

Contact Mary Rauch
mjrauch@wavecable.com
(360) 387-1142

Cribbage

Every Tue

1:00-4:00pm

Location: Education Room

Contact: Hilda Story
(425) 220-4562

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Contact: Marsha Kessler
(425) 350-8779

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Myrna Corcoran
(360) 770-419

Get Active

Exercise & Fitness

(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

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

(9:15 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

Location: Sundin Room

What's Age Got to Do With It?

A Good Laugh and a Long Sleep



"A good laugh and a long sleep are the two best cures for anything." - Irish Proverb

I don't know about you, but I have no trouble falling asleep at all. I do it every night right before the exciting conclusion to whatever TV show I'm watching.

Trouble is, eventually, I have to drag myself out of the recliner and stumble off to bed. That's where the real trouble begins.

I hear tell that there are actually people in this world who can just put their heads on the pillow and fall asleep. Seems like a fairy tale to me, and, I presume, to the rest of us who have to distract ourselves with a good book (or even better, a boring one), television, music, or whatever else can bring some peace to our over-active minds before sleep will come. Of course, falling asleep is no guarantee of *staying* asleep, as those of us in the 4-in-the-Morning Wake Up Club well know.

Apparently, it's a much more pervasive problem than we may realize, as "Sleep" is the title of the third session of the **Aging Mastery Program** offered at the Camano Center. If you enroll in this program, designed by the National Council on Aging, you'll find a wealth of information, techniques, references, and just plain good advice on sleeping better.



By now you must be wondering, "Okay, so what's to laugh at?" Here are a few jokes that may make you long for sleep even more.

"I have insomnia. I won't rest until I find a cure."

"People with insomnia are pretty cool. They're up for anything."

"I stopped complaining about insomnia when I found out most of my relatives died in their sleep."

Insomnia is very common. Try not to lose any sleep over it."

"What's the main rule of the Insomnia Olympics? You snooze, you lose."

"My horse has insomnia and keeps everyone awake. She's a nightmare."

"I just found out that insomnia is illegal in my home town. They call it resisting a rest."

"Insomnia is awful. But on the plus side...only three more sleeps until Christmas."

Okay, how's about letting someone sing you to sleep?

"Sweet Dreams" – Roy Orbison

<https://www.youtube.com/watch?v=4MXdzlTTmv8>

"Wake Up Little Susie" – The Everly Brothers

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

"(Last Night) I Didn't Get to Sleep at All" – The 5th Dimension

<https://www.youtube.com/watch?v=niwt47gHtmM>

(Continued on page 19)

(Continued from page 18)

“Golden Slumbers” – The Beatles

<https://www.youtube.com/watch?v=AcQjM7gV6ml>

“Mister Sandman” – The Chordettes

<https://www.youtube.com/watch?v=PKnPrbPK5vA>

If none of these work for you, maybe one of these will.
(Even if they don't they'll give you something to do while you're lying there besides worry about not falling asleep.)

6 TED Talks That Will Change the Way You Think About Sleep

You may not fall asleep while watching a TED talk, but these videos will inspire and motivate you to improve the quality of your sleep.

<https://www.sleep.com/sleep-tech/sleep-ted-talks>

Finally, if all else fails, you might want to try something like this.

Sleep Affirmations

<https://youtu.be/79OUcSmOtnE>

(This is the only one that has ever come close to relaxing me.)

Connie Johnson
Board Member



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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

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ANNUAL IMPACT 2023

CamanoCenter
Get connected.

1,453	Medical Transportation Trips	26,000 Miles	Logged by Volunteer Medical Ride Drivers
2,600	Phone Calls to Isolated Older Adults	1,800	Requests for Medical Lending Equipment
75	Aging Mastery Course Graduates; Three 10-Week Courses Provided in 2023	246	Active Volunteers with Camano Center & 2nd Chance Thrift Shop
6,628	Stay Active and Independent for Life (SAIL) Class Visits in 2023 Growing to 15 Classes Offered Weekly.	15,910	Volunteer Service Hours Logged
11,218	Supported Meals on Wheels Deliveries	972	Active Individual and Business Members
40%	Operational Budget Supported by 2nd Chance Thrift Shop	2,940	Served at Weekly Community Lunches at Camano Center
288	Activities, Services and Social Groups Meeting at Camano Center in 2023	95	Private Events and Meetings Hosted at Camano Center
		102	Number of Visits to Old Friends Club - Beginning July 2023. Giving Respite to Caregivers Weekly.

The Camano Center is a non-profit organization that supports the community through our mission to create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community. Generous donors, sponsors, and volunteers make this all possible. Please visit camanocenter.org or 360-387-0222 for more information.

THANK YOU TO ALL OF OUR DONORS, MEMBERS AND VOLUNTEERS



It's the Season for Giving!

Giving makes a difference in the lives of many! Here are ways YOU can make a difference by supporting the mission of the Camano Center.

* Gifts by Cash, Check, or Credit Card

Click [HERE](#) to make a donation online. Donations can also be made in person, over the phone, or by mail.

* Double Your Gift (Employer Matching Gift Program)

Take advantage of your Employer's matching gift program!

* Honor and Memory Gifts

Honor family, friends, and colleagues with a tribute gift in their name. We can notify them of your gift.

* Become a Member or Business Member

Your membership supports our programs and services! Click [HERE](#) to learn more, or call us at (360) 387-0222.

* Shop at Camano Center's 2nd Chance Thrift Shop

Now open Wednesday—Saturday, 10am-4pm! Proceeds directly support the Camano Center.

* Donate to Camano Center's 2nd Chance Thrift Shop

Donations accepted Thursday—Saturday, 10am-4pm. Click [HERE](#) for our list of accepted items.

* Donate a 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 to our Camano Center Donors!

Donations Received October 11—November 10, 2023

APPRECIATION

Twin City Idlers—Food Program
 Anonymous Donors—Thrift Shop Customers
 Anonymous Donors—Friendship Tea
 Anonymous Donor—Notary Service
 Anonymous Donor—Appreciation of Farm Egg Donation
 Andrew and Carol Barling—SAIL Program
 Jo Anne Burkland—Appreciation for Meal Services
 Dave and Amelia Johnson—Coffee Connection Program
 Shirlene Romain—Medical Transportation Services
 Anonymous Donor—Afternoon with Santa

GENERAL

Anonymous Donor
 Patricia and Hiram Bronson
 Jo Anne Burkland
 Pat Clark and Carol Hoeksema
 Dwain Colby
 Frank and Jackie DeFazio
 Vincent and Amber Ferrese
 Marilyn and Walter Grosjean
 Linda and John, Jr. Hadley
 Stephen and Marie Heil
 Connie and Nick Johnson
 Philip and Karen Kezele
 Mark and Kelly Kraus
 Lawrence and Anita Rydell
 Paul and Sandra Schumacher
 Betsy Shields
 Duane Simshauser
 Bill and Marsha Thompson
 Berta Warden and Jim Wilson-Storey

Coastal Community Bank Employee Fund

IN MEMORY

Jill Johnstone—Laurie Ware

Your Donations Make a Difference!

The medical rides program made it possible for me to have the treatments I needed to battle breast cancer. The support from this program and the wonderful drivers has been lifesaving. I am so grateful for having this available and hope it can continue for the benefit of others too.

Welcome New Members!



New member lunch attendees left to right: Cheryl Conner, Stephanie Hamilton, Diane Compton, Santana Young, Leslie Goehri

If you are a new Camano Center Member joining for the first time, we would like to invite you to join us for our new member lunch.

New member lunches are typically scheduled for the 2nd Wednesday of each month.

Contact Angie Bayley for more information.

abayley@camanocenter.org



Hazardous CONDITIONS



The Camano Center and 2nd Chance Thrift Shop follow the Stanwood-Camano School district's decision to close because of ice, snow and other hazardous weather conditions that make driving dangerous.

When the school district closes for other reasons that may include power outages or wind damage, the Camano Center and 2nd Chance Thrift Shop will open at the discretion of the Executive Director.

Changes to the school schedule are usually announced by 5 a.m. Announcements are made on local radio, TV, various social media platforms and the school district website. You can also call the district **Information Hotline**.

INFORMATION HOTLINE
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Winter Festival

Experience Winter at the Ranch



Arrowhead Ranch's Winter Festival will be on December 2nd from 11:00 AM - 4:00 PM and December 3rd from 11:00 AM - 4:00 PM. Admission is free!

On the Saturday Dec 2nd, there will be an all day Holiday Maker's Market and partnering with the Camano Center, Afternoon With Santa and his Reindeer from 12:00 PM - 3:00 PM, kids crafts, face painting, balloon animals, life size snow globe, cookies, hot cocoa & more!



On Sunday Dec 3rd, there will be an all day Maker's Market, and all day wreath making workshop for \$75/ per wreath & more!

Click [here](#) for more information about this cheerful holiday event.

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2NDCHANCETHRIFTSHOP.ORG



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
606 Arrowhead Road
Camano Island | WA | 98282
(360) 387-0222