

AARP Foundation

TAX-AIDE

Free Tax Assistance For Those Who Need It Most

Details on [Page 7](#)



January Highlights

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Camano Ukulele Ensemble
December Holiday Lunch



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 | Development Director

Angie Bayley | Community Services Manager

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 Lead

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.



Barbie Rabble

Don't miss this fantastic opportunity to win a 1960's Vintage Barbie Doll, and 14 original outfits & accessories!



Winner will be drawn at
Barbie
Bingo
on **January**
13th!

*Do not need to be present to win

Estimated value
\$1,500



TICKETS:
\$5.00 EACH
OR
\$20 FOR 5



THANK YOU FOR YOUR SUPPORT
ALL PROCEEDS BENEFIT THE CAMANO CENTER



2023 Stanwood Camano Giving Tuesday

Thank you Donors

2023 SCGIVE SPONSORS



Donna and Charles Cole
Charitable Foundation



We truly can't thank you enough for your generous gift to our **New Ovens Campaign**. It is your support that will enable us to continue to provide meals to those in our community who need them most.

People like you truly make a difference in our community and we're incredibly grateful! During Giving Tuesday, you raised \$11,755.00 and the generous sponsors of the SCGIVE added \$525.00 in prize money. We would not be able to achieve our success without you.

Thank you again for your commitment and kindness.

Terry Alexander
Molly Alumbaugh

Susan Ambrose

Carol Anderson

Phyllis Andrew

Bob Ansel

Chris Ballew

David Baumchen

Vicki Baunsgard

Angie Bayley

Mary Beckham

Linda Berry

Virginia Berube

Amanda Bladek

Joan & Dennis Blazina

Linda Bosman

Patricia Bretland

Robin Brumett

Dorothy May Burton

Elaine Chan

Holly Chubbuck

Sandra Clemetson

Roger & Opal Cocke

Dwain Colby

Susan Cole

Pat Colvard

Cheryl Combest

Karen Conway

Myrna Corcoran

Kathy Countryman

Carolyn Cowan

Bonnie & Jeff Eckley

Cris Ewell

Kendall Faragher

Jeanne Fay

Melissa & Mike Fielding

Pat Foss

Vicky Gianelli

Marilyn Grosjean

Cheryl Ann Gruger

Linda Hadley

Ramona Hall

Sandra Halverson

Dana Hamry

Cindy and Scott Hand

Thea Hanna

Georgia Harlowe

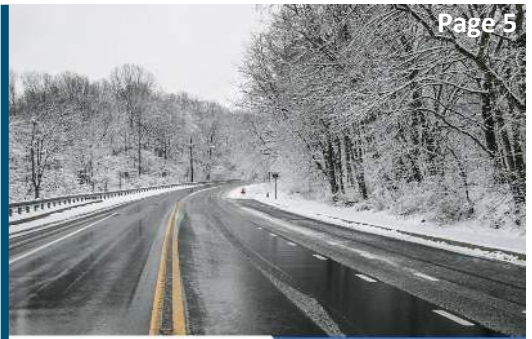
Jeffrey Highland

Beryl Hosford

Claire Huehnerhoff

John Hughes
 Henebry Jerome
 Constance Johnson
 Jill Johnstone
 Margaret Landreth
 Gene Le Maistre
 Sheryl Lee Schroeder
 Bonney and Jeffrey Lemkin
 Jeff & Kathy Lind
 Martha London
 Veronica Long
 Mary Manning
 Steven Maris
 John Mathis
 Lynne Mester
 Kenneth Murphy
 Nancy Murphy
 Mike Nestor
 Barbara Noonan
 Designs Northwest Architects
 Phyllis Olson
 Milt and Carole Olson
 Shelley Overman
 Joyce Peterson
 Mary Pilkington
 Karen Prasse
 Pamela Pritzl
 Sara Rahman

Elaine Richards
 Charles Rinehart
 Vicky Ringen
 Terry and Nancy Roberts
 Olinda Roxbury
 Louis Ruggiero
 Kathy Sanchez
 Randy Serroels
 Patricia Shaughnessy
 Rae Ann Shearer
 Marilyn Sheppard
 Gregory Shumate
 Cynthia Smith
 Traci Smith
 Monica Steele
 Sandra Stein
 Ellen Suffern
 Colleen Suhara
 Sandra Swarbrick
 Mary Jo & Jerry Sweeney
 Ellyn Thoreen
 Bruce Trimble
 Gary Louis Watson
 David Wellington
 Pamela Wesley
 Dorothy Willet
 Kate Williams
 Sandra Wilson



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
(360) 629-1240



Tina Dinzi-Pederson OFC Program Coordinator serving a fresh prepared lunch by Camano Center Catering for Old Friends Club

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

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.

Call to Schedule your Appointment

(360) 387-0222

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.

[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.



Enjoying a holiday performance by the Camano Ukulele Ensemble.

55+ RESOURCE FAIR at the Camano Center



Saturday
March 9, 2024
9:30 a.m. - 2:30 p.m.

AARP Foundation

TAX-AIDE

Scheduling Begins January 16th

Tax Aides will be preparing 2023 tax returns on Mondays at the Camano Center and Tuesdays at Lincoln Hill.

Appointments must be made in person at your location of choice when you pick up a tax payer packet.

Packet must be completed, signed and brought to your appointment with you.

Appointments start February 5, 2024

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 Mon Meal Site Closed: Happy New Year
- 3 Wed Pulled Pork Sliders
- 5 Fri Tomato Basil Bisque
- 8 Mon Fish Sandwich on Bun w/lettuce & Tarter
- 10 Wed Meat Lovers Pizza
- 12 Fri Broccoli & Colliflower Cheddar Soup
- 15 Mon Meal Site Closed: Martin Luther King Jr. Day
- 17 Wed Taco Casserole w/ Ground Beef
- 19 Fri Noodles Romanoff w/ Grilled Chicken
- 22 Mon Cheeseburger on Bun w/Tomatoes
- 24 Wed Hot Tukey Sandwich
- 26 Fri Pork Chop w/Scalloped Apples
- 29 Mon Rueben Casserole w/Sauerkraut
- 31 Wed Italian Meatball Sub



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



Nikki Turner

**Aging & Disability
Resource Program
Specialist**

**Wednesdays
9 a.m. to 4 p.m.
at the
Camano Center**



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.



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.



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.

Aging Mastery Program

Option for self-paced study this winter

114 Camano and Stanwood residents have joined the movement of older adults who want to build their own playbook for aging well by enrolling in the Aging Mastery Program (AMP) at the Camano Center. The Center acquired their license to facilitate the AMP classes in the winter of 2022 and started their first class of 24 students in April of 2022. Five classes of students have graduated from this 10-week program held at the Camano Center. The Aging Mastery curriculum was developed by the National Council on Aging and is now offered nationwide at over 500 sites. Moving forward, the center plans to offer the 10-week in person class in the fall and spring with a new option for a self-directed study using the Aging Mastery Starter Kit for the winter and summer.

What is The Aging Mastery Starter Kit?

The kit includes:

- The Aging Mastery Playbook
- Welcome Card
- Activity Cards
- Tai Chi Easy™: First Steps for Aging Mastery Exercise DVD
- Weekly Check-In Pad
- AMP Magnet 2019 Design
- Go4Life DVD

The Starter Kit is a self-directed version of NCOA's successful [Aging Mastery Program](#)® (AMP). Just like the community-based program, the Starter Kit is a hands-on experience that encourages people to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. It is designed for those who like to learn on their own or who may not be able to attend AMP classes in person.

The Starter Kit combines education with engaging activities to inspire people to take actions to achieve autonomy, mastery, and purpose as they age. The centerpiece of the Starter Kit is the *Aging Mastery Playbook*, a guide to the philosophy of [Aging Mastery](#)® with practical tips for aging well across six dimensions: Gratitude and Mindfulness, Health and Well-Being, Finances and Future Planning, Connections and Community, Learning and Creativity, and Legacy and Purpose.



How can I purchase a Kit?

You can purchase a Starter Kit by stopping by the Camano Center. Cost for the kit is \$35.

Can I use the Starter Kit in conjunction with AMP classes?

Yes! The Starter Kit and the [Aging Mastery Program](#)® (AMP) classes are complementary. Individuals who purchase and use the Starter Kit can then sign up for AMP classes that will be offered again this spring. The classes will reinforce what you've learned from the Starter Kit. The AMP in person classes also have the added benefit of local guest speakers and social engagement with other students. Individuals who have completed AMP classes may also be interested in purchasing a copy of the Starter Kit as continued inspiration for their Aging Mastery journey.

The Next Aging Mastery in-person class will be offered in April 2024. Call the Center to add your name to the interest list and we will be in touch with you when class registration begins.

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
(360) 387-0222

**FREE
NOTARY
SERVICE**
For Camano Center Members
360 387- 0222
APPOINTMENT REQUIRED



Camano Center

Volunteer Transportation Program

The Camano Center’s Transportation Program is a vetted network of volunteer drivers that provide free transportation to Camano Island residents. Rides are arranged for older adults who live beyond the regular fixed-route bus service, who do not have access to a car, or may live alone and need a safe return after a medical procedure. By becoming a volunteer driver or a program donor, you can provide those in need with a ride to support their independence, health, and quality of life.

Contact Angie Bayley to register for the program.

(360) 387-0222

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 to visit the programs & services section of our website for more information. The list is available in person at the Camano Center front desk Monday through Friday 9am–4pm.



Meet the Staff

John Shultz



This month I'd like to introduce you to John Schulz, our Receiving expert at the 2nd Chance Thrift Shop!

John has worked Fridays and Saturdays at the thrift shop for over 7 years. In that time, he has seen a lot of interesting items

come in as donations! His favorite part of the job he says, are the people...volunteers, staff, and the community. The job keeps him active and definitely on his toes!

John and his partner Janette have lived on Camano Island for 10 years. They relocated from Alaska where John spent 40 years and retired from the State of Alaska as a construction project manager. He has 3 grown children and 9 grandkids that live in Washington, Texas, and Ohio. This gives him and Janette a lot of places to travel to, which they intend on doing more of!

We are very thankful that John decided to answer and ad for a job at the thrift store 7 years ago. He keeps us all entertained with his great hats and his love of plastic flower arrangements!

*Bonnie Eckley
Executive Director*

JANUARY
FRIENDSHIP
TEAS
"BRING A FRIEND - MAKE A FRIEND"



COME FOR
TEA & TREATS
STAY FOR A GOOD VISIT
WITH FRIENDS
(Both Old & New)



1st, 2nd & 3rd Tuesdays
(January 2nd, 9th, & 16th)
(NOTE: January 2 CANCELLED)

10:30-11:30 – Tea, Treats, & Visiting
11:30-12:00 – Videos on Friendship & Tea

Call Connie for more information.
360-652-7211



Managing Hearing Loss Can Reduce Your Risk of Dementia

ARE YOU OVER 60?

It's important to schedule annual hearing exams, not only for your hearing, but for your brain health.

Call us today to learn more about your hearing health!



Tonia MacPhail, A.A.S., HIS
Owner, Licensed Hearing Instrument Specialist

STANWOOD HEARING 9300 271st St NW, Suite B-5, Stanwood, WA 98292
Near QFC, between Papa Murphy's and H&R Block
p: 425-272-9435 | StanwoodHearing.com

COMMUNITY
is our middle name




Camano Island Branch
818 N. Sunrise Blvd., Unit B
Camano Island, WA 98282
360.387.8861



Knowledgeable. Professional. Trustworthy.

We are Local

GET CONNECTED

Stanwood
(360) 629-8233

Camano Island
(360) 387-4663

WINDERMERE REAL ESTATE
Windermere Real Estate/CIR



RETIRE IN THE HEART OF SNOHOMISH COUNTY

JOSEPHINE IS GROWING

New & exciting opportunities are on the horizon for those 62 and better



Josephine Stanwood
New Independent Living
Stanwood, WA

Cascade Village at Smokey Point
New Satellite Community
Marysville, WA

Expected occupancy: Late 2024

For more information or to reserve your future home,
visit JCCEXPANSION.COM or contact Kris at
360-654-4100 or KRISA@JOSEPHINECC.COM



LAW OFFICE OF DALE WAGNER

9727 271 Street NW * Stanwood, WA 98292

Northwest Washington Disability Attorneys

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

Paint Group 1

Every Tue

8:30-12:30pm

Location: Craft Room

Contact: Kitty Tanji

(425) 985-1319

(360) 572-4123

email: dragoes@me.com

Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

Contact: Mary Beckham

(360) 387-6958

Paint Group 2

Every Fri

12:30-3:30pm

Location: Craft Room

Contact: Kitty Tanji

(425) 985-1319

(360) 572-4123

email: dragoes@me.com

Mending Hearts Quilting Group

Monday, 1/08/24 & Monday,
1/29/24

8:00-12:00pm

Location: Craft Room

Contact: Joan Huehnerhoff (425)

754-6620

Hero Quilters

3rd Wed every

10:30-3:30pm

Location: Craft Room

Contact: Sharon Szekely

sharonsseams2be@yahoo.com

Get Curious

Special Interest

Camano Center Lending Library

All Weekdays

8:00-4:00pm

Camano Center features an honor system lending library.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Stop by or call the Camano Center (360) 387-0222 to schedule an appointment. Windows operating system and MS Office only. Bring your laptop.

Friendship Tea

1st & 2nd & 3rd Tue

10:30-12:00pm

Location: Education Room

Contact: Connie Johnson

(360) 502-3361

Camano Center Book Club

1st Wed

2:30-3:30pm

Location: Conference Room

Contact: Janet Penny

(360) 403-5502



Get Vocal

Music Makers



Acoustic Music Group

Every Tue
1:00-3:15pm
Location: Jensen Room
Contact: Robin Widoff
(707) 312-1112

Country Western Music Group

Every Fri
1:00-3:45pm
Location: Education Room
Once you are a **Camano Center Member** you can be on an email contact list.

Using Your iPad as Your Song Book

Every Mon
12:00-1:00pm
Location: Craft Room
Contact: Lee Clemetson
(425) 308-4037

Camano Ukulele Ensemble

Every Mon
1/08/24-12/30/24
1:00-3:00pm
Location: Craft Room
Contact: Val Schroeder
(360) 387-2236.

Get Connected

Cards & Games

Hand & Foot Canasta

Every Wed
12:30-3:30pm
Location: Education Room
Contact: Marsha Kessler
(425) 350-8779



Mah Jongg

Every Mon
9:00-12:00pm
Location: Education Room
Contact: Melinda Brown
(360) 387-2940

Pinochle

Every Mon
12:30-3:30pm
Location: Education Room!
Contact: Mary Rauch
mjrauch@wavecable.com
(360) 387-1142

(Continued on page 16)



Camano Center Pinochle Players' 2023 Christmas Party! Camano Center Members can join the Pinochle Group and play for free!



(Continued from page 15)

Duplicate Bridge

Every Thu
12:30-3:30pm
Location: Education Room
Contact: Myrna Corcoran
(360) 770-4197

Get Active
Exercise & Fitness

LIFT

Every Tue/Thu
7:00-8:00am
Location: Sundin Room
(Weight Conditioning)
Instructor: Carol Pope
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu
8:00-9:00am
Location: Sundin Room
Pilates/Yoga Fusion
Instructor: Carol Pope



(425) 344-9505
SAIL is a strength, balance, flexibility fitness program for adults 65+. Call the Camano Center to be added to the call list. The instructor will call from the list as space becomes available.

(9:15 A.M.) Stay Active & Independent for Life

Every Tue/Thu
9:15-10:15am
Location: Sundin Room
Instructor: Traci Smith

(10:15 A.M.) Stay Active & Independent for Life

Every Tue/Thu
1/02/24-12/31/24
10:15-11:15am
Location: Sundin Room
Instructor: Traci Smith

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

Every Tue/Thu
11:15-12:15pm
Location: Sundin Room
Instructor: Traci Smith

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

Every Mon/Wed/Fri
8:00-9:00am
Location: Sundin Room

Instructor: Traci Smith
(9 A.M.) Stay Active And Independent For Life (SAIL)

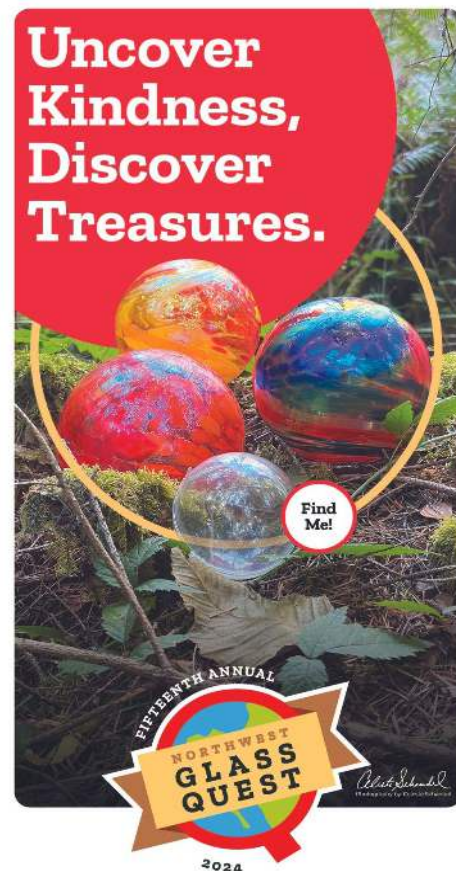
Every Mon/Wed/Fri
9:00-10:00am
Location: Sundin Room
Instructor: Traci Smith

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

Every Mon/Wed/Fri
10:00-11:00am
Location: Sundin Room
Instructor: Traci Smith

Yang Style Tai Chi

Every Fri
11:00-12:00pm
Location: Education Room
Contact: Tom Hiegler



Start Your Quest
Feb 16-25, 2024
northwestglassquest.com

Camano Center

Musical Offerings



play instruments and to sing together. Then, I learned that there was a group called CUE (Camano Ukulele Ensemble) that meets weekly at Camano Center. This group had, apparently been started by Jane and Clint to promote the playing of Ukulele's and, again, singing together.

Today, you will find CUE meeting at the Center on Monday's from 1pm until 3pm. Due to demand, Ellen has started a beginning Ukulele class on Mondays, starting at 12 noon. On Tuesday's, Robin Widoff has started the Music Group which meets from 1 to 3:30 pm. On Fridays, from 1 to 3:30pm, the Country Western Group meets to share instrumental and vocal efforts.

These gatherings have spawned other efforts outside of the Camano Center – same cast of characters, just different venues. Bluegrass Jam started at Camano Center on a once a month schedule and has recently moved to the Camano Grange. A Blues Jam has started meeting twice a month, in the evenings, at the Lost Lake Club House.

My wife and I have always had a great love of music, but we are just beginning to appreciate the value of music in our lives. In the Barbershopping group, they often spoke of the value of singing,

which stimulates the “Pleasure Endorphins” in our bodies. From personal experience, I suspect that those “Pleasure Endorphins” really exist.

Now that we are retired, not having to go to work every day, day in and day out, we have time to explore our environment. We can speak from personal experience and from being deeply involved with the musical programs at the Center, the value that this musical journey has in our retirement years. There have been several studies done concerning the value of music to us all as human beings. We are all so blessed to have these musical opportunities available to us here on Camano Island. I firmly believe that we will all live longer, happier, healthier lives because of having this music in our lives.

Watch for future articles where I will dig a little deeper into the stories behind each of the musical groups at Camano Center and be sure to get involved, whether you are a pro or a beginner!! Just reach out to the Center for details and get involved!! You will be glad that you did.

Paul Jantzen

Camano Center Member



When we moved to Camano Island about 5 years ago, little did we know that we would be able to join a musical community that would bring us friendship, involvement, camaraderie, fun and on and on!!

I have spent years playing the Ukulele and guitar, singing with folk groups, family and friends, and I spent a few years with the Bellevue Barbershop Chorus. My wife has been a whistler throughout her life. Then we moved to Camano for our retirement years. Shortly after our move, I was browsing the Crab Cracker one day and I read about a musical group meeting at the Camano Center. I decided to visit, and the die was cast. Tim Spencer had formed a group to meet weekly and explore our abilities to

BUSINESS MEMBERS



JOIN US! in **2024**
INDIVIDUAL & BUSINESS MEMBERSHIPS

CamanoCenter
Get connected.

Connect with the Community & Support the Camano Center

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

*For more information contact Cindy Hand
chand@camanocenter.org or call (360) 387-0222*

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

[CASA – Camano Animal Shelter Association](#)

[CAA – Camano Arts Association](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Coastal Community Bank](#)

[Cross Country Mortgage](#)

[Designs Northwest Architects](#)

[Jared D. Johnson – Edward Jones](#)

[Ronald A. Kennedy – Edward Jones](#)

[Hemmingsen Elder Care DBA Crest View Adult Family Homes](#)

[Heritage Bank](#)

[Homewatch Caregivers](#)

[Humana Medicare Advantage – Dale Ballard](#)

[Hydrating Water, LLC](#)

[Island Harvest Farm](#)

[Josephine Caring Community](#)

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[Restoration 1](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

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

[Visual Photography with Tara Howard](#)

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

Donations

November 11-December 10

APPRECIATION

Anonymous-Thrift Store Customers
Anonymous-Donated Eggs
Anonymous-Friendship Tea
Anonymous-Notary Services
Anonymous-Friday Lunch
Darci Bailey-SAIL Program
Jo Anne Burklund-Medical Rides
Dan Corrigan-Medical Rides
John & Bonnie Fragomeni-Friday Lunch
Robert Hill-Medical Rides
Carolyn Klismith-Transportation & Meals Service
Arthur and Cindy Lahlum-Services
Teri Prochaska-Medical Rides
Nancy and Bob Uhlmansiek-SAIL
Ruth Westra-Medical Rides
Kayoko & James Woods-Med. Rides

GENERAL

Gerald and Rebecca Albers-
Conner Family Fund Conner-
Lois & Michael Cornell
Mike Duffield
Robin and Glen Elder
Vincent and Amber Ferrese
Adeline Gildow
Dave and Billie Goodson
Marilyn and Walter Grosjean

Alan and Connie Hall
Gerald and Susan Hunt
Connie and Nick Johnson
Ute Josephsen
Anonymous Donor
Mark and Kelly Kraus
Lynda Nelson
Carol and Ray Pope
Gene Puhmann and Jane Morris
Betsy Shields
Duane Simshauser
Shann Spishak
Michael and Doris Taylor
Phil and Candy Trautman
Catherine Vance
Ruth Westra

IN MEMORY

Linda and John, Jr. Hadley
—In Memory of Laurie Ware

RESTRICTED

Gerald and Rebecca Albers-OFC
Anonymous-Commercial Kitchen
Irvin Bartee-Commercial Kitchen
Joanne Boulanger-Commercial Kitchen
Margaret Dixon-Commercial Kitchen
Kendall Faragher-Commercial Kitchen
Utsalady Ladies Aid-Commercial Kitchen
Alexandra Hinchin-Commercial Kitchen
Alan & Betty Marsh-Commercial Kitchen
Laurie Michaels-Lee-Commercial Kitchen

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!

Mary Miller-Commercial Kitchen
Jack Rensel-Commercial Kitchen
Debra Rivas-Commercial Kitchen
Mary Saylor-Commercial Kitchen
Kitty & Dennis Tanji-Commercial Kitchen
Ruth Westra-Commercial Kitchen

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Embrace the New Year!

Top Reasons to Join the Camano Center in January

As the New Year begins, it brings a wealth of opportunities for **personal growth, social connection, and enhanced well-being**. For those who want to make the most of the year ahead, joining the Camano Center in January can be a transformative decision.

Let's take a look at the top 5 reasons to join Camano Center:

Community and

Companionship: Loneliness and isolation can have a negative impact on your mental and emotional health. The Camano Center offers a warm and welcoming community where individuals can forge new friendships, share experiences, and enjoy the company of like-minded peers.

January marks the beginning of a year filled with opportunities to build lasting connections.

Stay Active and Healthy: Staying active is crucial for maintaining overall health. We not only have SAIL (Stay Active & Independent for Life) classes Monday through Friday but we also have the opportunity to attend Yoga, Lift, Yang Style Tai Chi, and social dancing instruction.

Learning and Enrichment:

January is a great time to start learning something new, whether it's a card game, arts and crafts, or music. We also have a 10-week Aging Mastery Program available in the Spring and Fall.

Access to Resources:

The Camano Center is a valuable hub for information and resources. Some of those resources include the Medical Equipment Lending Closet, Lending & Resource Library, In-Home Care Registry, and our Medical Transportation Program. In addition, we have an Aging and Disability Resource Specialist available once a week to help you with additional resources you may need.



Volunteer Opportunities: The start of the year is an excellent time to explore volunteer opportunities. Volunteering allows you to give back, fostering a sense of purpose and fulfillment.

Joining the Camano Center in January is not just a resolution but an investment in a vibrant and fulfilling life. Membership is just \$30 a year, and you'll be able to

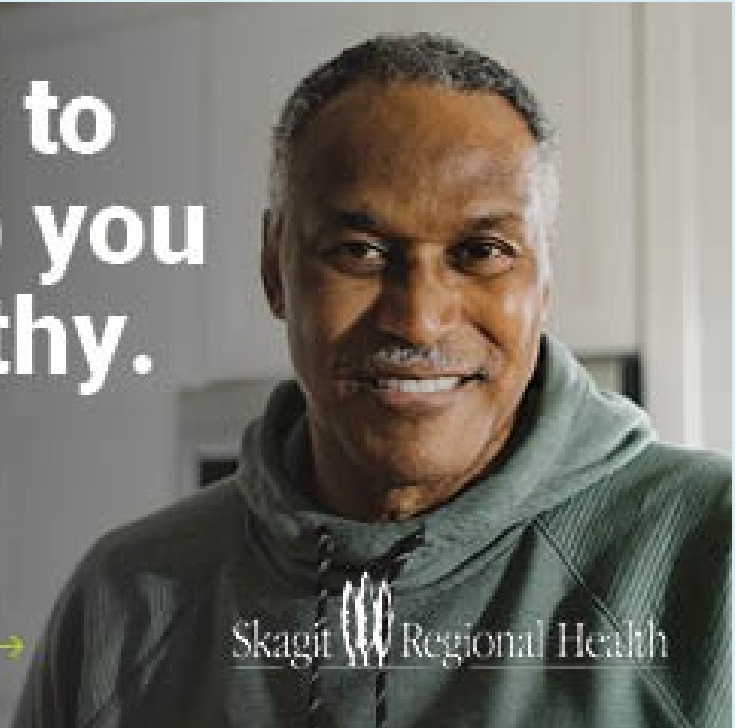
(Continued on page 21)

Care to keep you healthy.



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Skagit Regional Health





(Continued from page 20)

enjoy a supportive community that enhances the overall well-being of its members.

So, why not stop by for a tour and start your journey towards a healthier, happier you today?"

*Angie Bayley
Community Services Manager*



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What's Age Got to Do With It?

What's New with You?

Let's let Smokey Robinson set the mood for this episode...

<https://www.youtube.com/watch?v=yxdbFmp4NVk>

As you make your way through this month's attempt to address yet another aspect of life in our times, complete with some random ranting, a few quotes, and some links to suggestions on ways to cope, do keep this in mind...



Probably the most common answer to this timeless greeting, "So, what's new with you?" is, "Not much. You?" In reality, however, that's not at all true anymore. Maybe a better question would be, "Is there *anything* new in your life *by your choice*?" Think about it. Do we really have any choice in the

matter?" Isn't there something practically every day that has changed how we do formerly simple things, requiring us to learn a new way to accomplish something we've never had any trouble with before?

Long gone are the days when you could just switch on the television and turn a dial to choose the channel you wanted to watch. How about picking up the receiver on your phone to either dial a number or answer a call? Handing the cashier cash, a credit card, or a check in response to her telling you the total owed? Well, fuhged-daboudit! Life these days requires constant learning, just to continue to function at the most necessary levels.

So, how can we respond without letting resentment and frustration take over? Take a deep breath, and consider this perspective...

"The only thing that keeps you young is constantly doing things that you don't know how to do."

--- Ruth Reichel



<https://www.discoveryvillages.com/senior-living-blog/why-acquiring-digital-skills-matters-as-you-age/>

You may find yourself asking, why bother? Well, according to one study, learning new things can make older adults' brains 30 years younger in just 6 weeks! Researchers have found that learning three new tasks simultaneously boosts mental power and protects against Alzheimer's disease. How's that for incentive?

<https://carehop.ca/blog/benefits-of-learning-new-skills-for-older-people/>

"As soon as you feel too old to do a thing, do it." ---Margaret Deland



Still not interested? Maybe the counterbalance is to find things we can learn that are actually of interest to us, and might even be fun. Here are some ideas on finding something new you actually might WANT to learn about.

<https://www.aarp.org/research/topics/life/info-2022/lifelong-learning-older-adults.html>

“I’m very conscious of the fact that I should be trying something new constantly.” --- Amy Tan



<https://seniorservicesofamerica.com/blog/fun-classes-for-seniors-what-to-look-for-and-where-to-find-them/>

“We keep moving forward, opening new doors, and doing new things, because we’re curious and curiosity keeps leading us down new paths.” —Walt Disney



For some additional perspectives on this and other topics, you might want to take a listen to some of these interviews on Julia Louis-Dreyfus’ podcast, “Wiser Than Me”

<https://lemonadamedia.com/show/wiser-than-me-with-julia-louis-dreyfus/>

Connie Johnson
Board Member

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Our Values

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

Our Vision

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

Our Mission

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

Contact Us

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