



**Thank You Bakers!**  
**Your donations  
of tasty holiday  
treats raised**  
**\$1343**  
**for the Camano Center**



## December Highlights

SCGIVE

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Happy Holidays from  
the Executive Director

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## HOURS OF OPERATION

### Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 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.



**CamanoCenter**  
Get connected.

[camanocenter.org](http://camanocenter.org)

### Board of Directors

Kathy Sanchez | President

Larry Carlstrom | Vice-President

Shirley Swanson | Treasurer

Connie Johnson | Secretary

Paul Foster

Linda Hadley

Jeff Highland

Ken Johnson

Kelly Kraus

Darlene Miller

Michal Scott



## 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.



CamanoCenter  
Get connected.

# MEDICAL RIDES FOR OLDER ADULTS

Join us on **December 3rd** for **Giving Tuesday** and contribute to making a positive impact by supporting free, safe, and reliable medical transportation for older adults. Go to [www.scgive.org](http://www.scgive.org)



We are so lucky to have you so close here on Camano Island! My rides have been to Northgate area, with all the traffic and early hours, you have driven me safely there and back! Again thank you so much!" - **Medical Transportation Client**



[www.camano-center.org](http://www.camano-center.org)

## Welcome New Members!

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

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

Contact Juliane Abbott for more information.

[jabbott@camano-center.org](mailto:jabbott@camano-center.org)



*Left to right: Tim McGuire, Robin McGuire, Roger Myklebust, Alice Cain, Wes Cain, and Dennis Kurtz*

# 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

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, 2024

### APPRECIATION

Twin City Idlers - Community Meals/MOW  
Anonymous Donors - 2nd Chance Thrift Shop  
Larry & Jean Bach - Community Meals/  
MOW  
Jo Anne Burklund - Medical Rides  
James Moore - Medical Rides  
Sheila Smith - Medical Rides

### GENERAL

Patricia and Hiram Bronson  
Pat Clark and Carol Hoeksema  
Sandra Clemetson  
Robin and Glen Elder  
Vincent and Amber Ferrese  
St. Aidan's Episcopal Church  
Marilyn and Walter Grosjean  
Diane and Paul Jantzen  
Connie and Nick Johnson

### GENERAL

Jill Johnstone  
Donna and Daniel Joudrey  
Anonymous Donor  
Mark and Kelly Kraus  
Tim Cuchna and Cynthia Lahti  
Linda Lynn  
Craig and Rose Olson  
Nancy High and Joan Sain  
Dave and Carol Anne Sears  
Randy and Melanie Serroels  
Betsy Shields  
Duane Simshauser  
Wendy Tellberg  
Phil and Candy Trautman

### IN MEMORY OF MYRNA CORCORAN

Anonymous Donors  
Mike and Linda Bloom

### IN MEMORY OF MYRNA CORCORAN

Anonymous Donor  
Eric and Colleen Griffin  
Mike O'Brien & Patricia Hofmann  
Samuel Parks  
Lee and Linda Taylor  
Maryann Watson  
David and Thea Wellington

### RESTRICTED

Leland & Dorothy Olson Foundation





# ANNUAL IMPACT 2024

**CamanoCenter**  
*Get connected.*

**1,099** Medical Transportation Trips

**25,037 Miles** Logged by Volunteer Medical Ride Drivers

**1,506** Phone Calls to Isolated Older Adults

**2,190** Requests for Medical Lending Equipment

**44** Aging Mastery Course Participants; Two 10-Week Courses Provided in 2024

**256** Active Volunteers with Camano Center & 2nd Chance Thrift Shop

**11,567** Stay Active and Independent for Life (SAIL) Class Visits in 2024.

**20,387** Volunteer Service Hours Logged

**1,040** Active Individual and Business Members

**13,294** Supported Meals on Wheels Deliveries

**4,139** Served at Weekly Community Lunches at Camano Center

**40%** Operational Budget Supported by 2nd Chance Thrift Shop

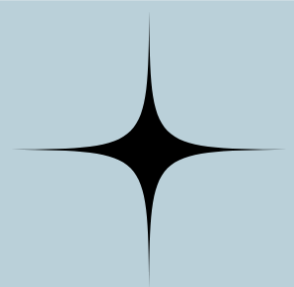
**75** Private Events and Meetings Hosted at Camano Center

**5,563** Number of visits to Activities, Services and Social Groups in 2024

**654** Number of Visits to Old Friends Club. 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](http://camanocenter.org) or 360-387-0222 for more information.*

**THANK YOU TO ALL OF OUR  
DONORS, MEMBERS AND  
VOLUNTEERS**



# Programs, Services, & Partnerships Helping Older Adults

## *Stanwood Camano Food Bank*

27030 102nd Ave NW, Stanwood

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.

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.

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+. There are open for Senior Serve every Thursday from 11am-12pm. Appointments are required for shopping at Senior Serve. Click [here](#) to make an appointment to shop!

## Camano Center

### *Medical Transportation Program*

The Camano Center's Medical Transportation program is a vetted network of volunteer drivers dedicated to providing transportation assistance to those who need it most. By becoming a volunteer driver or contributing as a program donor, you can make a meaningful difference in the lives of others.

Your support enables us to ensure that older adults living beyond the regular fixed-route bus service,

those without access to a car, or individuals who may be living alone and in need of a safe ride to a medical appointment, receive the assistance they require.

Join us in supporting independence, health, and quality of life for our community members. Together, we can make a positive impact, one ride at a time!

**Contact Angie Bayley for more information or to register for the program.**

**(360) 387-0222**

## Foot Care Clinic

Appointments are available on the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> Wednesdays at the Camano Center.

Fees are as follows:

\$35 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

**(360) 387-0222**





## 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.

## 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 Angie Bayley, 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.**

## 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 or to view the list. It is available in person at the Camano Center front desk Monday through Friday 8 a.m.–4 p.m.





**Members can connect and enjoy free coffee at the Camano Center Monday through Friday 9 a.m.—4 p.m.**

**Sponsored By:**



## **Sharing is Caring**

### ***Caregiver Support Group***

Are you caring for someone with 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 cognitive or memory impairment.

The group meets the 3rd Wednesday of the month at 10:30 a.m. at the Camano Center. Caregivers may come with or without spouse or partner. There is no cost to participate.



*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**

Although both of our club days are currently full, we encourage you contact the Camano Center at (360) 387-0222 to schedule a time to stop by for a visit to see if Old Friends Club is the right match for you and your family member and get added to our waitlist.

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

NWRC Aging & Disability Resource Program Specialists provide information, referrals, and assistance in obtaining services that support independence, dignity, and health of older adults and people with disabilities.

Phone (360) 428-1309

Email: [adrccamano@dshs.gov](mailto:adrccamano@dshs.gov)



**Nikki Turner**

**Aging & Disability Resource Program Specialist**

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



**Monday, Wednesday & Friday  
Community Lunch is prepared  
by Island Senior Resources in  
partnership with the  
Camano Center.**



**Meals on Wheels  
Information**

Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home at noon by friendly volunteers. Provides essential human connection.

Client wellness checks provide information, resources, and a sense of security for family and loved ones.

For short-term and long-term needs. Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available.

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.

Meals are provided “by-donation” and clients pay what they can.

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 Meals on Wheels changes or for meals to go.

If you would like more information on the Meals on Wheels program or to sign up for the first time, call Emily MacCormick, Meals on Wheels Assessor at (360) 672-6416.

Community Lunch is served Monday, Wednesday & Friday. Please be seated by 11:45 a.m.

**December Lunch Entrée**

2	Mon	Battered White Fish
4	Wed	Turkey & Dumplings
6	Fri	Homemade Beef Stew
9	Mon	Sausage Jambalaya
11	Wed	Beef Enchilada Bake
13	Fri	Creamy Tomato Soup
16	Mon	Beef & Broccoli Stir Fry
18	Wed	Roasted Pork Loin
20	Fri	Chicken Noodle Soup
23	Mon	Baked Potato w/ Beef Chili
25	Wed	Meal Site Closed
27	Fri	Moroccan Lentil Soup
30	Mon	Chicken Piccata w/Capers

# Fall and Winter

## *Cancellation and Closure Information*



We encourage you to check our online calendar frequently for scheduled cancellations as well as unscheduled weather related cancellations and closures. Cancellations are shown in red on the calendar. You may follow this [link](#) to the calendar or visit our website at any time. If you participate in one of the many activities at the Camano Center, check in frequently with the activity's group contact.

The Camano Center and 2nd Chance Thrift Shop do follow the Stanwood Camano School District's decision to close **due to hazardous weather and/or dangerous road conditions**. Many businesses and organizations in our area use this as a guide for safety. School closure information will be available on the school district's website and social media, Seattle broadcast morning news, and our website and social media will be updated at the first opportunity.

If the school district is operating on a delayed start due to weather and road conditions, the Camano Center and 2nd Chance Thrift Shop will open at the discretion of the Executive Director and/or may close early. As always, during bad weather, assess the safety of your own driveway and your own neighborhood first. If in doubt, stay home!

## Durable Medical Equipment Lending Program



Camano Center loans certain types of medical equipment to residents experiencing a temporary or permanent disability. There is no check out system. If you see something you need, take it and bring it back whenever you are done using it.

**Equipment Donations Welcome:** We are always seeking donations of gently used durable medical equipment such as wheelchairs, walkers, crutches, canes, shower chairs and commodes.

**Lending Closet Locations:** 2nd Chance Thrift Shop, 1335 WA-532 or Camano Center, 606 Arrowhead Rd, Camano Island

**For more information call (360) 387-0222**

# Become a Dementia Friend

Free 60-Minute Information Session - All are welcome



## Session Information:





**Dementia Friends Information Session**  
**at the Camano Center, 606 Arrowhead Rd.**

**Wednesday, December 4th**

**10:00 a.m. - 11:00 a.m.**

**Please RSVP to 360-387-0222**

## Receive information about:

-  **Dementia and the most common type**
-  **5 key messages to know**
-  **Communication tips and strategies**
-  **Ways to take action**
-  **Resources and support**



**CamanoCenter**  
*Get connected.*



**Dementia  
Friends  
Washington** 

A Dementia Friendly America initiative

# Activities and Hobbies

## At the Camano Center

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary, 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 or visit our calendar at [camanocenter.org](http://camanocenter.org).**

Click [here](#) to be directed to our calendar for more information on activities.

Check before you go.  
Schedule is subject to change.

## Get Creative

### Art & Sewing

#### Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Mending Hearts meets on the first and third Monday of the month.

Open to all crafters. Work on your own project or work on disaster quilts. Fabric provided for disaster quilts

Contact: Joan Huehnerhoff

(425) 754-6620

#### Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers. We have fabric & patterns available for those with sewing experience.

Contact: Sharon Szekely

[sharonsseams2b@yahoo.com](mailto:sharonsseams2b@yahoo.com)

#### Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

We quilt, knit, crochet, do embroidery, and more. We share projects, patterns, thoughts, support and laugh a lot!

Contact: Mary Beckham

(360) 387-6958

#### Paint Group 1

Every Tue

8:00-11:00am

Location: Craft Room

#### Paint Group 2

Every Fri

12:30-3:30pm

Location: Craft Room

Paint Group is an all medium paint community. Contact: Kitty Tanji

360 572-4123 or

email: [dragoes@me.com](mailto:dragoes@me.com)

## Get Strategic

### Cards & Games

#### Mah Jongg

Every Mon

9:00-12:00pm

Location: Education Room

Mah Jongg is a game of skill, strategy and luck and is a lot of fun. Contact: Melinda Brown

(360) 387-2940





## We Have Quilters at the Camano Center

Mending Hearts Quilting Group  
1st & 3rd Monday 8 AM - 12 PM  
Contact: Joan Huehnerhoff (425) 754-6620

Hero Quilters  
3rd Wednesday 10:30 AM - 3 PM  
Contact: Sharon Szekely sharonseams2be@yahoo.com  
Free to Camano Center Members

### Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Pinochle is a fast-paced game that can provide hours of fun!

Contact: Mary Rauch

[mjrauch@wavecable.com](mailto:mjrauch@wavecable.com)

or (360) 387-1142

### Cribbage

Every Tue

1:00-4:00pm

Location: Conference Room

Contact: Hilda Story

(425) 220-4562

### Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Hand and Foot is a popular card game that has captured the hearts of many players around the world.

Contact: Patt Bass

(415) 283-7929.

### Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Mike Bloom

(425) 971-1379

## Get Smart Computer & Phone Help

### Tech Tips

Every Tue

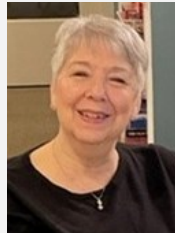
10:00-12:00pm

Location: Library

Help with, Windows

operating system, Word, Excel and Outlook. General questions ok.

Register at the front desk for a 30 minute session with Wanda Hill.



### Macbook and iPad/iPhone Tutoring

1st & 3rd

1:00-2:30pm

Location: Library



Sign up for a 30-minute private Q&A / tutoring session with Joyce.

All questions welcome! These

sessions are intended to meet you where you are in your relationship with your Mac laptop, iPad or iPhone. Email Joyce to sign up [fact@msdeadlines.com](mailto:fact@msdeadlines.com).

## Get Curious Special Interest

### Camano Center Lending Library

All Weekdays

8:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home. Bring it back when you are finished. That's all you must do. This library is managed by volunteers.

### Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Sit and chat with a friend, read a book, work on a puzzle, or do some work with our free Wi-Fi.

*(Continued on page 14)*

Coffee is free to Camano Center members! Thank you to our Coffee Connections Sponsor - [Josephine Caring Community](#).

### [Friendship Tea](#)

1st & 3rd Tue  
10:30-11:30am

Location: Education Room

“A cup of tea shared with a friend is happiness tasted and time well spent” – Anonymous

Contact: Connie Johnson  
(360) 652-7211

### [Turning Pages Book Club](#)

1st Wed  
2:30-3:30pm

Location: Jensen Room

Turning Pages Book Club meets the first Wednesday of the month. Reading list is from the Sno-Isle library.

Contact: Janet Penny  
(360) 403-5502

### [Travel Talk](#)

2nd Fri  
10:00-12:00pm

Location: Jensen Room

Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Each month Travel Talk will have a presentation of someone's travels. Decembers presentation is on travels in China, India and Japan from travels in 1978. Questions or if interested in presenting one of your trips, contact Mark Kraus (425) 503-9072 (please leave a message).

## Get Vocal

### *Music Makers*

#### [Camano Ukulele Ensemble](#)

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder  
(360) 387-2236

#### [Music Group](#)

Every Tue

1:00-3:15pm

Location: Jensen Room

Acoustic non-amplified musical instruments. Types of music: Soft/light rock & roll, Folk, Blue Grass, Country, Show Tunes, Jazz, Hawaiian, Easy Listening and Classical. Contact: Robin Widoff (707) 312-1112

#### [Cowboys Music Group](#)

Every Fri

1:00-3:45pm

Location: Education Room

The genre is mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable. Once you start you can be added to an email contact list.

## Get Active

### *Exercise & Fitness*

**SAIL Classes:** Contact the Camano Center for information and class availability. (360) 387-0222

#### **LIFT (Weight Conditioning) & Pilates/Yoga Fusion**

Instructor: Carol Pope  
(425) 344-9505 12-class punch

card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

#### [LIFT](#)

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

#### [Pilates/Yoga Fusion](#)

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

#### [Line Dancing Class](#)

Wed

3:00-4:00pm

Location: Sundin Room

At our Line Dancing Lessons, we're all about fun and fitness rolled into one awesome experience!

The instructor, Kari Dziejwiontkoski has been teaching folks to dance for over 20 years – you're in good hands!

\$10/person or \$8/Camano Center Members

#### [Yang Style Tai Chi](#)

Every Fri

11:00-12:00pm

Location: Education Room

I teach Yang style Tai Chi which has three sets with over 100 individual moves. I use standing Tai Chi and seated Tai Chi in the same class. We also do a lot of simple movements coupled with intentional breathing called Qi Gong.

Contact: Tom Hiegler  
(360) 420-3426

# Thank you to our 2024 Gala Donors

Thank you to all of the businesses and members of the community that donated items and delicious dessert dash donations for this year's Wonderland Gala!

Acanthus Floral & Garden Design  
 Angel of the Winds Casino Resort  
 Anthony's Restaurants  
 Jack Archibald and Karen Prasse  
 Arrowhead Ranch  
 Arrowhead Ranch Flower Farm  
 Linda Berry  
 Blue Heron Kitchen and Bar  
 Camaloch Golf Course  
 Camano Center Board of Directors  
 Camano Commons Marketplace  
 Camano Plaza IGA  
 Canopy Tours NW  
 Rose Dennis  
 John and Paula Ebner  
 Flour Bird Bakery  
 Carolyn Graves  
 Janice Greenlee  
 Walt and Marilyn Grosjean  
 Jack Gunter  
 Haggen

Hazel Blue Acres  
 Holland America Line  
 Island Fusion  
 Island Harvest Farms  
 Ivar's and Kidd Valley Restaurants  
 Jeanne & Scott Hudock  
 Jill Johnstone  
 Pam Kane  
 Kohler, Charles "Buff" and Carla Mizuta  
 Kelly and Mark Kraus  
 Lankford Associates  
 Jeff & Bonney Lemkin  
 Lenz Enterprises, Inc.  
 McMenamins Pub  
 MQ Gadgets-Gifts-Goodies  
 Museum of Pop Culture  
 Museum of History & Industry (MOHAI)  
 Northwest Outdoor Center  
 Phillips, Hugh and Joan  
 Carol Pope  
 Kathy Sanchez

Paul and Sandy Schumacher  
 Michal and Jo Ann Scott  
 Scratch Cooking Camano  
 Seattle Storm  
 Seattle Theatre Group  
 Randy and Melanie Serroels  
 Shoebox Baking Co.  
 Sigillo Cellars  
 A Stanwood Grandma  
 Stanwood QFC  
 State Farm- Leslie Tripp  
 Swinomish Casino & Lodge  
 The Cookie Mill  
 The Muse Whiskey Bar and Coffee Shop  
 The Museum of Flight  
 Keith Tonne  
 Tulalip Resort Casino  
 Village Theatre  
 Western Nursery Sales  
 Woodland Park Zoo  
 Janice Young

# Thank you to our 2024 Gala Sponsors



**Heritage**  
BANK



Law Office of  
**DALE WAGNER**  
PS



**CASCADE**  
*Lumber, Inc*

LAW OFFICE OF  
**COLE & GILDAY**  
PC



**Windermere**  
REAL ESTATE



**Eagle's Landing**  
INDUSTRIAL & STORAGE LLC  
Airport Zoning



**Skagit Regional Health**

**COASTAL**  
COMMUNITY BANK

Call Mike at 206-949-2737

STANWOOD HEARING



**WaFd**  
Insurance Group  
A WaFd Bank Company

Click on a sponsor's logo to visit their website.

# Happy Holidays and New Year!



2024 has been a very busy year for the Camano Center and 2nd Chance Thrift Shop. Daily life at the Center and Shop are bustling with activities and visitors. Our parking lot is full most days of the week. We are so happy to see this after weathering the pandemic storm. Here are

some of the things your support of time, donations, and membership has enabled the organizations to do this past year:

- Coordinated over 1000 medical transportation & essential trips to older clients.
- More than 250 volunteers gave over 2,190 hours of labor to the Center and Thrift shop.
- Responded to hundreds of needs for medical equipment from our 3 medical lending closets.
- Shared our Lending Library books, puzzles, and movies to the community daily.
- Completed our 7th graduating class of our 10-week Aging Mastery Program since its inception.
- Provided falls prevention exercise classes (SAIL) with 194 individuals participating weekly. Added an additional class and trainer.
- Provided Coffee Connections in our library, offering free coffee, tea, and hot chocolate with daily travel and scenic shows for viewing.
- Fundraising events such as the “Be a Star” Campaign, Gala Auction, Spaghetti Feed, Craft Bazaar, and Thrift Christmas Sales.
- Supported 23 separate social activity groups for weekly gathering at the Center.
- Made over 1,500 connection daily phone calls to isolated people in their homes.
- Partnered with Northwest Regional Council to provide Aging & Disability resources to our community.
- Held free events for the community such as Camano 101, 55+ Resource Fair, Volunteer Appreciation, Donor Appreciation, Glass Quest Headquarters, Afternoon w/ Santa partnership with Arrowhead Ranch, Former Board

get together, Camano Bus Tours, Roslyn Carter Institute Dealing with Dementia Workshop & educational sessions on topics that support our mission such as brain health, falls prevention, dementia and grief support.

- Expanded our Old Friend’s Club to offer respite care for those caring for memory impaired loved ones from 1 to 2 days per week. Have been a host affiliate for outside groups interested in starting their own program.
- Became the co-regional lead for the UW Memory & Brain Wellness Center’s Dementia Friends of Washington effort.
- Partnering with Camano Fire to bring Camano CARES program for community outreach.
- Applied for the WA Dept of Commerce’s Solar Storage for Resilient Communities and was awarded the grant to outfit our facility with alternative power. Work on the roof to prepare will begin in November 2024.
- Updates to the security and heating/cooling at both the Thrift Shop and Center.
- Partnered with Island Senior Resources for in-person Community Meals & Meals on Wheels three days per week.
- 2<sup>nd</sup> Chance Thrift Shop has been named one of the top 6 best thrift stores in Washington, and the Best of Stanwood & Camano the last 2 years! Proceeds of which fund a large portion of the overall operations of both the Thrift Shop and the Camano Center.
- Provided 34 free notary services to the community.
- Established a scholarship program with SCAF for high school students who volunteer at the Center or Thrift Shop events.
- Expanded our staff to help facilitate all our post COVID growth!

The Camano Center’s mission is 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. Thank you for supporting our busy year. We look forward to an exciting 2025 with more to offer our growing membership! Thank you for your continued support and involvement! We have a very special place here!

*Bonnie Eckley  
Executive Director*



# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*

**Join Us and Sign Up Today!**



Connect with the Community & Support the Camano Center

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

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

[Beard Financial Group](#)

[Camano Animal Shelter Association \(CASA\)](#)

[Camano Arts Association \(CAA\)](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Coastal Community Bank](#)

[Designs Northwest Architects](#)

[Jared D. Johnson – Edward Jones](#)

[Ronald A. Kennedy – Edward Jones](#)

[Elite Interiors & Design, LLC](#)

[Enviro-Con Landscaping Materials, LLC](#)

[Ethan Home Repair & Remodeling, LLC](#)

[Family Resource Home Care](#)

[Friends of Camano Island Parks \(FOCIP\)](#)

[Good Knight Homes - North48 Real Estate](#)

[Heritage Bank](#)

[Homewatch Caregivers](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

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

[Josephine Caring Community](#)

[Land Title and Escrow](#)

[Law Office of Cole & Gilday](#)

[Law Office of Dale Wagner](#)

[Massage on Camano](#)

[McPherson Pest Control](#)

[Northwestern Mutual](#)

[Our Legacy Fields](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Right At Home](#)

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

[Shoebox Baking Company](#)

[SLM Financial Services](#)

[Social Dance Simplified](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

[The Gilroy Law Firm](#)

[The Picnic Pantry and Parlour](#)

[Vidor & Associates, Inc.](#)

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

# What's Age Got to Do With It?

## *Peace ~ Hope ~ Love*



The Beatles - While My Guitar Gently Weeps

<https://www.youtube.com/watch?v=MSAjFV7Hh8U>

In these strange times it's good to be reminded of what the joy and promise of this season represent.

We celebrate in many different ways, some traditional for one culture or another, and some shaped by family customs, personal taste and belief. Throughout, the message is basically the same, a heartfelt wish for PEACE, fueled by undying HOPE, and powered by LOVE.

What matters most is that we find unity and strength in these three things, and that we never give up on our commitment to all of them.

This is my wish for you, all of you, always.



I Wish You Peace – Eagles

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

*An Excerpt From*

**AMAZING PEACE: A Christmas Poem**

*by Maya Angelou*

*"...Into this climate of fear and apprehension, Christmas enters, Streaming lights of joy, ringing bells of hope.*

*And singing carols of forgiveness high up in the bright air.*

*The world is encouraged to come away from rancor, Come the way of friendship.*

*Hope is born again in the faces of children.*

*It rides on the shoulders of our aged as they walk into their sunsets.*

*Hope spreads around the earth. Brightening all things, Even hate which crouches breeding in dark corridors.*

*In our joy, we think we hear a whisper. At first it is too soft. Then only half heard.*

*We listen carefully as it gathers strength.*

*We hear a sweetness. The word is Peace.*

*It is loud now. It is louder. Louder than the explosion of bombs.*

*We tremble at the sound. We are thrilled by its presence.*

*It is what we have hungered for. Not just the absence of war. But, true Peace.*



A harmony of spirit, a comfort of courtesies.  
Security for our beloveds and their beloveds.

It is Christmas time, a halting of hate time.

On this platform of peace, we can create a language  
To translate ourselves to ourselves and to each  
other.

We jubilate the precious advent of trust.  
We shout with glorious tongues at the coming of  
hope.

All the earth's tribes loosen their voices  
to celebrate the promise of Peace.

We, Angels and Mortals, Believers and Non-  
Believers,

Look heavenward and speak the word aloud.

Peace. We look at our world and speak the word  
aloud.

Peace. We look at each other, then into ourselves  
And we say without shyness or apology or  
hesitation.



Peace, My Brother.

Peace, My Sister.

Peace, My Soul.

<https://jamarattigan.com/2015/12/11/amazing-peace-a-christmas-poem-by-maya-angelou/>

GIVE PEACE A CHANCE. (Ultimate Mix, 2020) -  
Plastic Ono Band

[https://www.youtube.com/watch?v=D0WwjWdzV\\_I](https://www.youtube.com/watch?v=D0WwjWdzV_I)

Connie Johnson  
Board Member

~2025~

## Friendship Teas

*"Bring a Friend – Make a Friend"*

10:30-11:30

First Tuesdays

Camano Center



Call CONNIE (360) 652-7211 for more Information

**2ND CHANCE THRIFT SHOP**  
**Wednesday-Saturday**  
**10:00 a.m.- 4:00 p.m.**  
Donations Accepted Thursday - Saturday  
360.629.6142  
**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

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