

# Camano CONNECTIONS

June 2025

*A Day of Connection and Empowerment  
at our 2025 Women's Expo!*

## June Highlights

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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**

### 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.



# Gratitude Corner

Thank you to the generous supporters who gave from April 11 – May 10, 2025

## Appreciation

Anonymous Donors—2nd Chance Thrift Shop  
Jo Anne Burklund— Medical Rides  
Mary Burns— AARP Taxes  
Joe Griffore— Tech Tuesday  
Anonymous— Guest Notary Services  
John and Karen Selle— AARP Taxes  
Ann and Kenneth Taylor— Meals on Wheels  
Kayoko and James Woods— Medical Rides  
Ronald and Valerie Wootton— Medical Rides

## General

Julie & Tom Bolser  
Pat Clark and Carol Hoeksema  
Sandy Clemetson  
Robin and Glen Elder  
Vincent and Amber Ferrese  
Marilyn and Walter Grosjean  
Connie and Nick Johnson  
Jill Johnstone  
Anonymous Donor  
Mark and Kelly Kraus  
Ronald and Cheri Moll

## General

Fred Monte  
Nancy High and Joan Sain  
Paul and Sandra Schumacher  
Connie Shane  
Betsy Shields  
Duane Simshauser

## In Memory

Kendall Faragher— Linda White  
Nancy Sonn— Linda White

**DONATE**

## ***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](#) for more information or call the  
Camano Center  
(360) 387-0222

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@camanocenter.org](mailto:jabbott@camanocenter.org)

## Welcome New Members!



Left to Right: Madeline Abney & Gail Cosmo



# CAMANO CENTER & 2<sup>ND</sup> CHANCE THRIFT

## Executive Director Report for Board of Directors

May 2025



### Past 30 Days:

- The Volunteer Appreciation event was a success and we've had many comments from our volunteers thanking us and saying how much they enjoy when we have these events for them.
- Chief Yengoyan's farewell event was a very nice evening and the place was packed. The Mabana Flames were thankful to the Center for hosting the party.
- The Women's Expo returned after 5 years off, this past weekend. The attendance was lower than previous years but the feedback was really great and staff did an amazing job lead by Julie. Our net P&L is \$10,900, which is really encouraging. The weekend had a lot going on throughout the island so attendance may have been affected by this.
- Training and launch occurred for the volunteers interested in the Camano Helping Hands program we are starting to support the CARES program through Camano Fire and Rescue. Supplies are being gathered for the volunteers to take out to the job sites. We will receive some financial help through Opportunity Council of Whatcom County since they have the NWRC contract to service Island county. This would be only for the low-income qualifiers. All other chores will be covered by our team.
- Our team to help the CARES program has been named Camano Helping Hands. This group of volunteers is covered under our insurance plan and will be given tools and cleaning items to use as they fulfill the orders coming in through either CARES, NWRC, or local clinics.
- Strategic Planning for 2025-2028 is on track. Several surveys have been sent out to all emails we have in our system for Community, Staff, and Board. We are working on an efficient way to use the information during our planning sessions in June.
- Our partnership with Dan Abshire/American Legion to offer technical support for computers and phones has achieved 3 of the 5 classes offered. We plan to do this again in the fall if funding is available.
- Carpet, new flooring and new front desk countertops have been picked out for the June closure week at the Center. Work will be over both weekends surrounding June 9-13.
- Commercial Fire Protection will be out the same week to work on the sprinkler problem we have in the Sundin room.
- The cement pad has been set for solar batteries, and electrical installed from the pad to the building. Trenches were covered and hydroseed was blown into the areas affected. The solar panels are in the process of being installed.
- Our insurance premiums for the year have gone up about 10% due to inflation, property value increases, and exposure changes. Three bids are still out to see if any rates can come down, but it's not very likely.
- Discussions with ISR regarding Senior Nutrition and possible cuts to the budget/program are ongoing.
- Cheryn Weiser is working on the formation of a Senior Alliance Coalition to bring together the area leaders to share information, coordinate services and identify gaps in services. This will be a monthly meeting going forward.

- Community Foundation of Snohomish County is also forming a Senior Serving Coalition group including Snohomish and surrounding counties south. I will be involved in this group.
- The freezer/fridge unit is complete and staff will be working on transferring and cleaning the shelving and moving the food before the weekend.
- Arranged lunch with Janet St Clair to discuss the needs of the island and what part she and others in government, feel our responsibility lies. Other information will be shared and helpful for our strategic planning sessions.
- Cindy-Donor Relations and I attended a panel discussion titled “Empowering NonProfits: Understanding funding opportunities” at SCAF. Great information from their education series courses.
- Traci Smith had a well-attended education session for the public named “Move your Body, Boost your Brain.”
- **Rentals this past 2 months:** Camano Friends of the Library event, Celebration of Life (2 separate), SCAF Combined Board meeting Mixer, Medicare 101 (2 meetings), Taste Buddies
- **Non-profit meeting space:** Blood Drive, SCAF community boards
- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Warm Beach Retirement, Camano Fit, Camano Shop, Island County Falls Prevention Coalition (ICFPC), SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, Cascadia Renewables, CIFR, NWRC, Camano Island Chamber, Island County Commissioner/Town Hall, American Legion

## Grants Open and Pending

Grants	Amount and Status	Designated for
HRSA- Health Resources and Services Association	Applied for \$250,000	Partnership with Camano Fire for CARES
Olson Foundation	Applied for \$75,000	CARES Chore program
Olson Foundation	Applied for \$75,000	Transportation
Coastal Community Bank	Applied for \$10,000	Walk in fridge freezer
Department of Health	<b>Denied for \$5,500</b>	Brain health education
North County ACH	Applied for \$539,000	CARES partnership w CIFR

## Thrift Store update:

- Average Customer spend for May to date \$12.65
- Average Daily gross in sales for May to date is \$2,685
- Regular monthly leadership meetings take place with Sylvia, Nicole, Lisa and myself to review issues that have been brought to our attention. The search for Nicole’s replacement will start this month with interviews.
- The Facilities Committee continues to problem solve our parking constraints.
- One of the gates out in front of the property has been hit so many times that it needs to be replaced. The original company that installed them in 2011 is working on the replacement and putting in new hardware and wheels to make them more user friendly. Work starts in June.

# CSSA Annual Membership Meeting Minutes

## July 22, 2024

### Camano Center

**Please take a moment to review the 2024 Annual Meeting minutes before we vote to approve them at our 2025 meeting on Monday, July 28 at 3 PM. All members are encouraged to attend.**

**Welcome and Call to Order:** The annual membership meeting of the Camano Senior Services Association was held at 3:00 pm on July 22, 2024 at the Camano Center, 606 Arrowhead Rd, Camano Island, WA. 98282.

The meeting was called to order by President Jeff Highland. The following members of the Board of Directors were present: President Jeff Highland, Treasurer Shirley Swanson, Secretary Connie Johnson, Larry Carlstrom, Shirley Swanson, Kelly Kraus, Linda Hadley. Executive Director Bonnie Eckley, Staff Members Cindy Hand, Karen Conway, Kendall Faragher, and Angie Baylee were also in attendance, as were approximately 14 CSSA Members. Directors Ken Johnson, Darlene Miller, Michal Scott, and Vice-President Kathy Sanchez were unable to attend.

A quorum for conducting business was determined to be present. There were 40 Association members present, including members of the Board and staff.

**Approval of Minutes:** Copies of the agenda and Minutes of the 2023 Annual Membership Meeting, which had been published in the Camano Connections newsletter for two months prior to this meeting as required by CSSA bylaws, were also made available to all members present. The Minutes were approved unanimously.

**Camano Moments:** Anecdotes about experiences related to Friendship Teas, Old Friends Club, the Aging Mastery Program, 2<sup>nd</sup> Chance Thrift Store, and music groups performing in various capacities at the Center illustrated the profound effect Camano Center is having on lives in our community.

**President's Remarks:** President Jeff Highland presented the annual President's Report to the gathering. Highlights included recognition of a number of very generous gifts, including an unrestricted gift by an anonymous member of \$60,000 and the largest gift ever made to the Camano Center of \$750,000 by Kathleen McKee. These donations will be not be used for operations costs, but will instead be available for special projects and unforeseen expenses, with a portion added to the True and Quasi Endowment Funds.

**Treasurer's Report:** Treasurer Shirley Swanson presented the Finance Committee Report, highlighting and providing further explanation on some of the topics addressed in the President's Report and detailed in the accompanying slide show. President Jeffery Highland noted that our Operating Budget has balanced every year for the past several years.

#### Highlights:

- Net Ordinary Income after expenses, \$832,375, reflecting the receipt of two large donations to the Camano Center During the year.
- A grant of \$690,000 from the US Department of Finance for installation of solar panels and storage batteries was awarded to the Camano Center. This will provide up to one week of energy to make the Center buildings available for use by the people of Camano Island during emergencies. Further details regarding this grant will appear in the August Camano Connections newsletter.

**Endowment Committee Report:** Committee Chair Larry Carlstrom presented the Endowment Committee Report. He explained that the purpose of the committee is to ensure the long-term financial viability of the Center, and clarified the differences between functions of the two endowment funds, Term and Quasi. Essentially, the goal of the True Endowment Fund is to reach \$1,000,000, after which time interest from investments can be used. Monies that go into this fund do not come out. The Quai Endowment Fund operates as a facility for Donors to give designated money to finance programs. Endowment Performance 2023/2024 increased over 10% in both the True and Quasi funds, resulting in a total amount of \$264,823, pending additional funds from the large donations of \$250,000 to each fund upon approval of the investment strategy to be developed by professional financial management company, Stordahl Capital Management, Inc.

**Board Development Committee Report:** President Jeff Highland presented the Board Development Report in the absence of Vice President Kathy Sanchez, who serves as Chair for this committee. The Report included a description of the process for adding new members to the Board of Directors. It also noted that Paul Foster has been endorsed by the Committee for election to the Board.

**Ad hoc Facilities Committee Report:** President Jeff Highland presented the *ad hoc* Facilities Committee Report, which was created in October of 2023. It will become a Standing Committee in 2024.

- Architects Mark Kraus and John Hadley have provided advice at no charge for various aspects of facilities development.
- The roof on the Camano Center building is nearing the end of its life expectancy, and will be replaced within the coming year. It should have an extended use of 50-100 years. Essary Roofing will replace the roof.
- Solar Mountain will remove the existing solar panels. These will be reused and new additional panels will be added.
- Storage batteries will be located east of the building.
- A new heating and cooling system have been added to 2<sup>nd</sup> Chance Thrift Shop. Additional priorities include additions of more parking. Dan Nelson with Designs NW will help with the plans. A new roof is also needed.

**Executive Director's Report:** Executive Director Bonnie Eckley presented the annual Executive Director's Report, and reviewed the Strategic Plan goals, announcing that almost all have been reached. Consequently, some new goals are being added to address needs for:

- More outreach island wide
- Increasing financial capacity
- Assuring adequate staffing levels
- Expanding collaboration and partnerships with other organizations

**Additional Highlights:**

- There will be fewer fundraising events going forward, based on evaluation of cost/benefits. Help and suggestions for more events are welcome.

*(Continued on page 8)*

*(Continued from page 7)*

- The recent participation in Dementia Friends Training was beneficial to staff and volunteers.
- The Solar grant which is funding much of the expansion of our solar capacity will allow Red Cross, Island County Health, and other organizations to use the building in the event of emergencies.
- A new security system has been installed at 2<sup>nd</sup> Chance Thrift Shop. The kitchen has no heat or cooling system, which needs to be addressed. 2<sup>nd</sup> Chance has received many awards.

**New Business:** Members in attendance were asked to vote upon the election of Board of Directors members. Starting their second 3-year terms on the board, Shirley Swanson, Linda Hadley, Michal Scott, and new member Paul Foster, were elected unanimously.

**For the Good of the Order:**

- Larry Carlstrom encouraged attendance at and support of National Night Out August 6<sup>th</sup> from 6-8 p.m. at Fire Stations 4 & 5.
- Bruce Spong invited all interested parties to the next CBAM event, a bluegrass jam at South Camano Grange this coming Saturday at 3:00. This group was started here at the Camano Center, thanks to Bonnie.

Former B.O.D. members, Bruce Spong, Marilyn Grosjean, and Chuck Schufreider were introduced.

**Adjournment:** The meeting was adjourned at 4:00 p.m. by President Jeff Highland.

Respectfully submitted,

Connie Johnson, Secretary

Camano Center Board of Directors

NOTE: All reports mentioned herein are available upon request.



**CAMANO CENTER**

**WILL BE CLOSED FOR MAINTENANCE**

**June 9 – June 13**

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**Sorry for the inconvenience**

**We will reopen Monday, June 16th**

# Project Update: Our New Roof is Complete!



We're thrilled to share some exciting news—the Camano Center's new **metal roof is complete!** This vital upgrade replaces aging composite materials that had become vulnerable to leaks and weather damage. Now, with a long-lasting metal roof in place, this process will not need to be repeated for 75-80 years!

But the roof is just the beginning. Our solar panel installation is already underway. Once completed, the system will dramatically reduce our electricity costs, **allowing us to reinvest those savings directly into programs that support healthy aging, independence, and well-being for older adults in our community.**

Even more, with new batteries and a generator, we'll be equipped to support emergency efforts with **3–5 days of backup power**—making the Camano Center a more resilient resource for the entire island.

This incredible project was made possible through a **Resilient Communities Grant** from the Washington State Department of Commerce—and by the generous donors and community partners who helped us upgrade to metal roofing and secure the solar grant.

**Thank you** for investing in the Camano Center's future. Together, we're creating a **stronger, greener, and more sustainable** center for generations to come.

With heartfelt gratitude,  
**The Camano Center Team**

# Programs, Services, & Partnerships Helping Older Adults



The Better Age assessment tool is available through June. There is still time to complete the assessment and be entered into a drawing to win a \$100 gift card!

Take the assessment by clicking this link:

<https://camano-center.health-wellbeing.betterage.net/getStarted/>

The assessment takes about 7-10 minutes to complete and will generate a well-being report and recommendations. You can use this information as a guide to help you identify strengths, areas for improvement and ways you can take action.

## *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.



## **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**

## 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.



## 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 visit Camano Center, 606 Arrowhead Rd, Camano Island.

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



## 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.



## **Camano Center Community Update**

# **Better Age Pilot Program – Survey Highlights**

**May 2025**

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Thanks to everyone who completed the Better Age wellness survey! Your responses are helping shape programs that support healthy aging at the Camano Center.

### **Who Took the Survey?**

Most respondents were educated women aged 65–84. About 40 identified as caregivers. June outreach will include homebound individuals to diversify input.

### **Top Health Priorities**

Participants prioritized physical activity, brain health, chronic condition management, and sleep. Over 80% reported managing chronic conditions.

### **Well-Being & Mental Health**

Most participants are thriving in financial wellness and report low loneliness. Belonging and social connection need more support. The 55–64 group reported the most stress.

### **Caregiver Support**

Caregivers, especially for those with Alzheimer's, experience high stress but also report strong feelings of support—showing our programs are making a difference.

### **Health Barriers & Digital Access**

Only 5% face financial barriers, but physical limitations are common. Digital literacy is high—great news for rural health resource access.

### **Volunteering & Engagement**

Some participants are open to volunteering, though it may bring added stress. We see an opportunity to gently re-engage this group.

### **What's Ahead?**

We're improving survey collection, including in-home visits and paper options for Meals on Wheels clients. Monthly data reviews and future updates will follow.

Thank you for helping build a stronger, healthier Camano community!

**The Camano Center & Better Age Pilot Team**

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**DONATE BLOOD  
MAY 1-JUNE 30,  
& ENTER TO  
WIN A \$3000  
GIFT CARD!**

A new winner each month!



**The need for blood donors is always high**, yet only 3% of the population donates blood. To help keep our blood supply safe during the summer months, we are offering you a chance to win a \$3,000 Tango gift card when you donate in May or June. A winner is chosen each month! Will it be you?

[Sign-up for your donation today.](#)

## **Camano Island Community Blood Drive**

Camano Center – Mobile Bus | 606 Arrowhead Rd.

**Monday, June 16<sup>th</sup>**

9:00 am to 3:00 pm

Scan the QR code to book your one hour appt., or click this link

[Bloodworksnw.org/giveblood](https://bloodworksnw.org/giveblood)

**Appointments are required** for the best possible donation experience. Same-day appointments available at most locations. Photo ID required. For safety, we kindly request no visitors under 16 at our donation sites. Eat a hearty meal and drink plenty of fluids prior to donation.



800-398-7888 | [bloodworksnw.org/win](https://bloodworksnw.org/win)

@bloodworksnw    

 **Bloodworks**  
Northwest



## Foot Care Clinic

*Provided by D & L Essential Services*

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**

## 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**



## Camano Center Coffee Connection



Members can connect and enjoy free coffee and tea at the Camano Center, Monday through Friday 8 a.m.—2 p.m.

Stop by and relax in one of many seating areas. Read a book, work on a puzzle, or visit friends while enjoying a hot cup of coffee or tea on us. We look forward to seeing you!

**SPONSORED BY:**



**Powerful Tools for Caregivers – offered at the Camano Center in June and September**

Are you (or someone you know) feeling stretched in your role as a caregiver? Caregiving can be stressful—physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. Powerful Tools for Caregivers is an evidence-based education program being offered at the Camano Center in June and September that will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Your Feelings
- Locate Helpful Resources
- Make Tough Decisions

This six-week course consists of one session per week, led by two local, certified and experienced volunteer instructors, Judith Shoudy and Kris Kappel. Each class will accommodate between 6 and 15 caregivers. The Camano Center is thrilled to offer this valuable program to our community, made possible by the dedication of Judith and Kris. Having experienced their own caregiving journeys, they are passionate about giving back and providing meaningful support to fellow caregivers.



*Instructors Kris Kappel & Judith Shoudy*

**Weekly class topics include:**

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs and Concerns
- Learning from Emotions
- Communicating in Challenging Situations
- Mastering Caregiving Decisions

**Two sessions will be offered at the Camano Center:**

**(June/July Session is FULL)**

**June 19 – July 31 every Thursday (no class Thursday 7/3)**

**Thursdays, 9:30 am – 11:00 am**

**(Sept/Oct Session – space available)**

**September 22-October 27**

**Mondays, 10:00 am-11:30 am**

All classes are held at the Camano Center

606 Arrowhead Road, Camano Island

Class is offered for no fee, pre-registration is required

Contact Karen Conway to register for the class [kconway@camanocenter.org](mailto:kconway@camanocenter.org) or 360-387-0222.

# Ensure Plus

## Liquid Nutritional Supplements

**Service provided in partnership with  
Island Senior Resources.**



### 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?** 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.**

## Senior Serve

### Stanwood-Camano Food Bank

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+.

**We are open for Senior Serve every Thursday from 11am-12pm.**

Please sign up online before your first visit to the Food Bank. If you haven't visited the Food Bank in over a year or your household situation has changed, please fill out the sign up form again. Sign up for services [here](#).

Yes, appointments are required for shopping at Senior Serve. If you do not have access to a computer or cell



phone, you can sign up or schedule an appointments using the **public computers** at the local Sno-Isle Libraries, both in Stanwood and on Camano Island.

**The Stanwood Camano Food Bank is located at  
27030 102nd Ave NW Stanwood, WA 98292**



**Aging & Disability  
Resource Program Specialist**

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

## 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.wa.gov](mailto:adrccamano@dshs.wa.gov)**

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 McCormick, Meals on Wheels Assessor at (360) 672-6416.

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

## June Lunch Entrée

2	Mon	Baked Potato w/Beef Chili
4	Wed	Chicken Curry
6	Fri	Southwest Chicken Wrap
9	Mon	Roasted Pork Loin
11	Wed	Chicken Penne Alfredo
13	Fri	Cobb Salad w/Chicken
16	Mon	Chicken Cordon Bleu
18	Wed	Pork Carnitas Bowl
20	Fri	Smoked Turkey Sandwich
23	Mon	Hash & Eggs Scramble
25	Wed	Chicken Swimming Rama
27	Fri	Greek Steak Salad
30	Mon	Fried Chicken Sandwich

**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.

Camano Center

# SUMMER SOLSTICE ARTS & CRAFTS FAIR

Presented by Camano Center  
& Camano Sue's Art

SATURDAY  
JUNE 21  
9AM TO 4PM



CamanoCenter  
Get connected.

CAMANO SUE'S ART  
Artwork & Jewelry



artistsue@yahoo.com  
camanosuesart.com



YARD ART • JEWELRY • METAL ART • POTTERY • WATERCOLORS  
FABRIC ART • PHOTOGRAPHY • AND MORE

OVERFLOW PARKING ACROSS THE STREET [at] ARROWHEAD RANCH GATE 3

CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND

# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*

**Join Us and Sign Up Today!**

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

[American Cremation & Casket Alliance](#)

[Anthony Castiglione eXp Realty](#)

[Beach & Blvd Real Estate](#)

[Beard Financial Group](#)

[Bluhm Notary Services](#)

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

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

[Camano Chapel](#)

[Camano Fit](#)

[Camano Home Care Aid Services](#)

[Camano Island Bliss](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

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[D&L Essential Services](#)

[Designs Northwest Architects](#)

[Destinations by Melanie](#)

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

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

[Family Resource Home Care](#)

[Fields Senior Living](#)

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

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

[Greenworks of WA, LLC](#)

[Heritage Bank](#)

[Holbeck Construction & Design, Inc.](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

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

[Jared D. Johnson – Edward Jones](#)

[Josephine Caring Community](#)

[Law Office of Cole & Gilday](#)

[Law Office of Dale Wagner](#)

[McPherson Pest Control](#)

[MQ Gadgets - Gifts - Goodies](#)

[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](#)

[Snow Goose Transit](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

[The Camano Shop](#)

[The Gilroy Law Firm](#)

[Vidor & Associates, Inc.](#)

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

[Windsor Square Senior Living](#)



# HOLD YOUR HORSES!

**RUN FOR THE ROSES**  
 19th Annual Gala Auction  
 Benefiting the Camano Center  
**September 27, 2025**  
 Doors Open at 5:30 p.m.

## SAVE THE DATE

Tickets on Sale 9.2.25  
 Limited Tickets Available  
[CAMANOCENTER.ORG](http://CAMANOCENTER.ORG)



CamanoCenter  
 get connected.

## Gala LIVE Auction Donation Wish List

### Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles or Airplane Tickets
- Dinner Party or BBQ
- Lesson or Session with Professional
- Fly Over
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours

### Home & Garden

- Outdoor Furnishings/Décor
  - Interior Design Services
  - Cleaning Services
  - Painting/Roofing Services
- Landscape Materials & Garden Help

### Sports & Equipment

- Water Sports (Kayak, Stand Up Paddleboard)
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders, Storm)

### Dining & Entertainment

- Restaurant Gift Certificates
- Hotel Gift Certificates
- Theater or Concert Tickets
- Local Adventures

### Personal Items

- Beauty or Spa Certificates
- Boutique Gift Certificates
- Pet Services
- Floral/Bouquet Deliveries

# USE YOUR SEWING SKILLS AT MENDING HEARTS

Join Mending Hearts as we sew tote bags for young mothers. We provide the materials and instruction. Bring your sewing machine and basic sewing tools.

Project skill level: Easy/Beginner

## MONDAY, JUNE 30

Mending Hearts is a social group that makes quilts and totes for donation. We meet the first and third Monday of the month at the Camano Center 8 am - Noon.

***Activity is free to  
Camano Center  
Members***

**Call or text Joan (425) 754-6620  
if you have questions.**



# Activities and Hobbies

## *At the Camano Center*

The schedule is  
subject to  
change. Check  
the calendar  
before you leave  
home!

### 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

#### 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 & Dominos

Every Tue

1:00-4:00pm

Location: Education Room

Play Cribbage or Dominos at the Camano Center. Both activities share the same room and play at the same time.

Cribbage Contact:

Bill Coons (206) 825-3727

Dominos Contact: Marsha Kessler  
[mushmouse0813riel@gmail.com](mailto:mushmouse0813riel@gmail.com)

#### Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

It is a fast-paced, laughter-filled card game perfect for friends. Build strategies, outscore opponents, and enjoy endless fun with every round.

Contact: Pat Bass  
(415) 283-7929

#### Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Duplicate bridge offers fun, mental stimulation, and connection. Each hand brings a challenge, blending strategy and teamwork. It's more than a game—it's a community where friendships grow and minds stay sharp.

Contact: Mike Bloom  
(425) 971-1379

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 participation information on each activity or visit our [calendar](http://camanocenter.org) at [camanocenter.org](http://camanocenter.org).



# Get Creative

## Art & Sewing

### Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Mending Hearts is open to all crafters. Bring your supplies and sewing machine. Fabric is provided for special projects.

Contact: Joan Huehnerhoff

(425) 754-6620

### Tuesday Paint Group

Every Tue

8:00-11:00am

Location: Craft Room

### Friday Paint Group

Every Fri

12:30-3:30pm

Location: Craft Room

Paint Group is an all-medium supportive paint community. Paint Group meets Tuesdays & Fridays.

Contact: Kitty Tanji

(425) 985-1319 (text only),

360 572-4123 or

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

### Panel Quilting

12:30-3:30pm

Contact: Connie Shane

(425) 350-7461

Location: Craft Room

Panel Quilting shares space with Friday Paint Group and meets once a month on the 4th Friday.



### Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

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

Contact: Mary Beckham

(360) 387-6958

### 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)

## Get Curious

### Special Interest

### Camano Center Lending Library

All Weekdays

9:00-4:00pm

Location: Library

We offer a free honor-system lending library, stocked with donated books. Simply choose a book you'd like to read and take it home. When you're finished, just return it. That's all there is to it!

Our volunteer librarians manage all donations of current fiction and nonfiction hardcover books and keep the library organized for everyone to enjoy.

### Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Relax in our cozy library coffee area—the perfect spot to catch up with friends, enjoy a good book, or unwind. Explore puzzles, use our free Wi-Fi, and feel at home. Coffee is free for members! We can't wait to welcome you.

### Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

The reading list is from the Sno-Isle library.

Contact: Janet Penny

(360) 403-5502

## **Get Smart** *Computer & Phone Help*

### Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Call the Camano Center  
(360) 387-0222 or stop at the

front desk to schedule an appointment for one-on-one assistance with Wanda Hill.

Learn more about your Windows operating system, MS Word, Excel, Outlook. General questions welcome. Sorry no Macs or phones Remember to BRING YOUR LAPTOP!

### Macbook and iPad/iPhone

#### Tutoring

1st & 3rd Wed in June

1:00-2:30pm

Location: Library

Need help using your Mac laptop, iPad or iPhone? Joyce Lukaczer will be at the Camano Center the 1st and 3rd Wednesday through June and then will move to the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays beginning July 10th.

Sign up for a 30 minute private Q&A / tutoring session. All questions welcome! Email Joyce to sign up [fact@msdeadlines.com](mailto:fact@msdeadlines.com)

## **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: Sundin Room

Acoustic non-amplified musical instruments. No hard copy content for music group. Participants are encouraged to have an iPad for access to Dropbox for song content. We play specifically vocal music with accompaniment & instrumentals.

Contact: Robin Widoff

(707) 312-1112

### Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Classic country music with a smattering of folk songs. Format - singing country music together, including 20-30 minutes of practice for our gig with Old Friends' Club, on the third Thursday of each month. Call for complete details.

Contact: Lois

(206) 235-3123

### Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

We play mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable. For more information, show up to talk to us.

The group managers:

Jack Rensel and Tim Spencer



# Get Active

## Exercise & Fitness

**Camano Fit & Steady** is a strength, balance, and flexibility fitness program for adults 65+. The class is one hour long and is held 3 times a week (Monday, Wednesday, and Friday) and is conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals. The following components are included in each class:

### (8 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri  
8:00-9:00am  
Location: Sundin Room  
(Class is currently at capacity)

### (9 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri  
9:00-10:00am  
Location: Sundin Room  
(Class is currently at capacity)

### (10 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri  
10:00-11:00am  
Location: Sundin Room  
(Class is currently at capacity)

### (9:15 A.M.) Camano Fit & Steady

Every Tue/Thu  
9:15-10:15am  
Location: Sundin Room  
(Class is currently at capacity)

### (10:15 A.M.) Camano Fit & Steady

Every Tue/Thu  
10:15-11:15am  
Location: Sundin Room  
(Class is currently at capacity)

### (11:15 A.M.) Camano Fit & Steady Level 1

Every Tue/Thu  
11:15-12:15pm  
Location: Sundin Room  
(Class is currently at capacity)

**LIFT and Pilates Fusion** are taught by 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

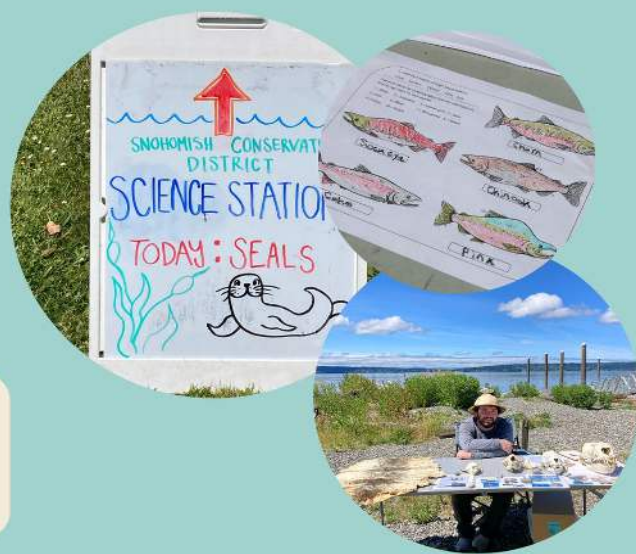
### Line Dancing Class

Every Wed  
3:00-4:00pm  
Location: Sundin Room  
10/person or \$8/Center Member  
Instructor: Kari Dziewiontkoski  
(206) 375-4151

# Fun for All Ages

Explore the fascinating plants and animals that share our local environment.

This summer, join Snohomish Conservation District staff at Camano Island State Park to explore the fascinating plants and animals that share our local environment.



Find us near the boat launch from 12-2 pm on Mondays, Wednesdays, and most Fridays between June 23 and August 29. We'll have interactive activities and engaging displays covering topics like bald eagles, marine mammals, native plants, and more.



# What's Age Got to Do With It?

## *Picking Up the Pieces after Falling Apart*

Patsy Cline sang about heartbreak, but there are oh, so many ways in which life can seem to fall apart for us. <https://www.youtube.com/watch?v=aW7LQPQYwas>

[v=aW7LQPQYwas](https://www.youtube.com/watch?v=aW7LQPQYwas)



We all know there's no way around the fact that we aren't the same as we once were. More wrinkles; more inches in just the very places we definitely don't want them; stronger lenses in our glasses; ears more

often adorned with hearing aids rather than earrings; "bionic" knees, hips, and shoulders; and different things that send us to the doctor, hence, actual medicine in the medicine cabinet that used to hold mostly cosmetics, perfume, aftershave, and breath spray.

In other words...

**"I've decided my body is not a temple; it's a haunted house. It's slowly falling apart, makes weird noises, and contains the spirit of an old lady who's always mad at something."**

But, if not for the changes that come from growing older, the world would be an even messier place that doesn't function even as well as it does now. Just think the mess we'd be in if babies didn't change into toddlers, toddlers into kindergartners, kindergartners into pre-teens, pre-teens into teenagers, teenagers into young adults, and so on.

But, if not for the changes that come from growing older, the world would be an even messier place that doesn't function even as well as it does now. Just think the mess we'd be in if babies didn't change into toddlers, toddlers into kindergartners, kindergartners into pre-teens, pre-teens into teenagers, teenagers into young adults, and so on.

Why is it that just when you start getting your life together your body starts falling apart?!



Why not try, instead, for this attitude about these inevitable changes...

*"In a viral video shared by her granddaughter, this grandma used her birthday spotlight to share some of the harsh—and hilarious—realities of growing older. During her 90th birthday party, she performed her own version of a country classic with new lyrics about what life is really like as you age."* <https://youtu.be/GKThb6wZyOw>

When you can stop laughing long enough to catch your breath, go back and pay special attention to her last line about picking up the pieces.

*"All of us get broken in some way, but what really matters is how we get back and put the pieces back together."*

--Unknown

Just imagine what you might create! I love thinking of the process in the light of Kintsugi, a style of pottery defined herein...

*"Instead of throwing away the broken beloved pottery, we'll fix it in a way that doesn't pretend it hasn't been broken but honors the breaking—and more so, the surviving—by highlighting those repaired seams with gold lacquer. Now the object is functional once again and dignified, not discarded. It's stronger and even more valuable because of its reinforced, golden scars."*



*The imperfections are what make it beautiful and valuable. A broken piece that is put back together has more of a story, seems more authentic and real, is stronger and more resilient than something that has stayed pristine.*

*The breaking of what once was, the layered and time-consuming process of putting it back together, the mending it with gold, all contribute to its value. And surprisingly, it becomes more resilient after it has been mended by kintsugi, even stronger than it was before."* <https://www.vaneetha.com/journal/kintsugi-beauty-in-the-broken>

Connie Johnson  
CSSA Board Secretary

Camano Center is Hosting  
**2ND CHANCE**  
**CHRISTMAS**  
**IN JULY SALE**



SAT. JULY 19TH | 9:00AM - 3:00PM  
606 ARROWHEAD RD. CAMANO ISLAND

.....

Donation-Based Sale!  
Pay what you want and help support  
critical programs at the Camano Center.

Make sure to bring your own bags, wagons, or crew to help carry items.

**Decor | Linens | Gifts | Clothing | Books | Home | & More**





## Our Values

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

## Our Vision

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

## Our Mission

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

## Contact Us

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