

*The Center's Cowboy Music Group shares toe-tapping tunes with our community lunch crowd.*

## August 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

Larry Calrlstrom | President

Paul Foster | Vice-President

Judith Shoudy | Treasurer

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Ken Johnson

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Darlene Miller

Michal Scott

Dale Wagner



## 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 June 11—July 10, 2025

## Appreciation of Services

2nd Chance Customers	Round Up at 2nd Chance Thrift
Anonymous Donor	Printing Copies
Wanda Booth	Medical Ride Program
Jo Anne Burkland	Medical Ride Program
Anonymous Donor	Camano Friends Club
Bob LaLanne	Medical Ride Program

## Gala Auction

Jill Johnstone	Wish List Donation
Leslie Tripp, State Farm	

## Restricted

Standley/Drebin/	Camano Friends Club
Smith/Austin - (Golf Tournament Prize)	

## General Donations

Juliane and Jeremy Abbott  
 Hiram and Patricia Bronson  
 Pat Clark and Carol Hoeksema  
 Randy and Diane Daniel

## Donate Your Vehicle & Support the Camano Center!



Simply click [here](#) or Call (866) 392-4483

### ✓ Tax deductible

The IRS allows vehicle donors to receive a tax deduction on their vehicles.

### ✓ Hassle-Free

They can pick up your vehicle at the auto repair shop or by the side of the road!

### ✓ Handle Anything

Cars, motorcycles, RVs or boats with trailer and even real estate!

### ✓ Proceeds go to the Camano Center!

Funds from the sale of your vehicle donation go to the nonprofit of your choice.

## SUPPORT OUR MISSION

**GIVE MONTHLY.  
CHANGE LIVES ALL YEAR.**

*When you give monthly, you help connect your neighbors with essential care and support they might otherwise go without.*

- Medical Ride Program
- Camano Friends Club
- Camano Helping Hands
- Social & Fitness Activities
- Essential Services & Support
- Community Meals



Consider a Monthly or  
Recurring Donation  
Today! ♥



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## General Donations

Robin and Glen Elder  
 Vicky Giannelli  
 Marilyn and Walter Grosjean  
 Connie and Nick Johnson  
 Jill Johnstone  
 Anonymous Donor  
 Mark and Kelly Kraus  
 Claire Leatherman  
 Kathryn McNally  
 Ron Moll  
 Fred Monte  
 Frank and Mary Montgomery  
 Nancy High and Joan Sain  
 John and Karen Selle  
 Betsy Shields  
 Phil and Candy Trautman

**Donate Now**



360-387-0222



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



# Executive Director Report for Board of Directors

June 2025



## Upcoming Events/Happenings for 2025:

7/19	Thrift store's Everything Christmas sale at the Center
7/23	Emerald Circle event
7/28	Membership Meeting 3pm
9/27	Gala Auction

## **Past 30 Days:**

- May 30<sup>th</sup> we held a celebration party for the Old Friends Club members, volunteers, staff and spouses. This marks over 2 years of heart warming care we deliver to our members. Everyone had a fun time dancing, eating and visiting!
- The name and logo have been updated to reflect the move away from Old Friends Club Network, to Camano Friends Club. Updated contracts and confidentiality forms have been signed by staff and club members.
- The carpet and flooring work is complete and many compliments are coming our way on how wonderful the building looks! Great work by MGM Flooring and Interiors in Stanwood. They were on budget and early!
- Our first Summer Solstice Bazaar took place on the 21<sup>st</sup>. Over 520 people enjoyed a day of arts and crafts despite the rain. Next month we will have the P&L to see how we did on fundraising.
- Strategic Planning sessions with our facilitator have been completed. Work to finish up the details will occur in early July. Staff will then be included to work on the tactics of how to complete the goals over the next 3 years.
- Commercial Fire Protection came out during the closure week to work on the sprinkler problem we had in the Sundin room. Luckily the issue was fixed with 2 small holes being placed in the drywall, which were both covered up with vent panels.
- The solar panels are all in place on the roof. Several steps will be taken over the next month to ensure electrical is complete prior to the batteries being installed. This will require a 2-day power outage that we are in the process of figuring out.
- Discussions with ISR regarding Senior Nutrition and possible cuts to the budget/program are ongoing. Cheryn Weiser held the first meeting of the newly formed Senior Alliance Coalition to bring together the area leaders to share information, coordinate services and identify gaps in services. This was on Whidbey in Bayview at the ISR offices. We will meet again in August for a 3-4 hour planning session in Coupeville.
- Community Foundation of Snohomish County has also formed a Senior Serving Coalition group including Snohomish and surrounding counties south which met in June. I will be involved in this group also.

- ISR had several Town Hall listening sessions on Whidbey and Camano. Ours was attended by about 20 people. Most of the conversation centered around what people see their neighbors needing on island.
- Karen set up a Resource Panel for our dementia club's members with several experts to help them navigate issues. Our panelists were Jeanie Brumley, Right at Home, Christine Kearns, Josephine at Home in Stanwood, Katherine Adams and Shelly Agen, NWRC, Katie McDougall, Hospice of the Northwest, and Charles Jeremiah, Family Resource Home Care. This was free to our members.
- Business license for shop and center renewed. \$725 per year.
- Kitchen experienced a flood. The flooring in kitchen and outside into the Sundin room, cupboards, countertops and basement were all affected. Currently working with insurance companies to get work approved and start. This will mean a 2-3 week closure of our kitchen and meals. Plan is being formulated for frozen meals to get prepared early for MOW deliveries.
- **Rentals this past month:** FOCIP Annual meeting, Eagle Scout Celebration, Medicare 101 (2 times), Taste Buddies, CAA Celebration
- **Non-profit meeting space:** Blood Drive, ISR Town Hall meeting
- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Warm Beach Retirement, Camano Fit, Island County Falls Prevention Coalition (ICFPC), SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, Cascadia Renewables, CIFR, NWRC, Island Senior Resources, Camano Yacht Club

## Grants Open & 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	Awarded \$75,000	Transportation
Coastal Community Bank	Applied for \$10,000	Walk in fridge freezer
Department of Health	Denied for \$5,500	Brain health education
North County ACH	Applied for \$539,000	CARES partnership w CIFR
Floyd & Delores Jones/SCAF	Denied for \$10,000	Walk in fridge freezer

## Thrift Store update:

- Average Customer spend for June to date \$11.94
- Average Daily gross in sales for June to date is \$2,665
- Small shed has been removed and the remaining dirt leveled out and rock laid down. This gave us 2 additional parking spots.
- The gate out front of the property has been replaced and is working better than ever with new hardware and wheels. Hoping no one backs into it again!!
- Heidi Cibert has been hired to replace Nicole as the Assistant Supervisor. Nicole will be leaving us in September so we have a nice overlap of training and extra help for the summer, which is always busy with garage sale donations.





# 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)



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## 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

# 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 \(ACCA\)](#)

[Anthony Castiglione eXp Realty](#)

[Bayless Electric](#)

[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](#)

[Camano Kerri – North48 Real Estate](#)

[Camano Log House](#)

[Coastal Community Bank](#)

[D&L Essential Services](#)

[Designs Northwest Architects](#)

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[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 at Home](#)

[Josephine Caring Community](#)

[Law Office of Cole & Gilday](#)

[Law Office of Dale Wagner](#)

[McPherson Pest Control](#)

[MGM Flooring & Interiors, Inc.](#)

[Michelle Maiers, Real Estate Broker @ HomeSmart](#)

[One Realty](#)

[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 Camano Arts Guild](#)

[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](#)

# Programs, Services, & Partnerships Helping Older Adults



## How to Join Camano Friends Club

Although both of our club days are currently full, we encourage you to contact the Camano Friends Club Camano Center at (360) 387-0222 to schedule a time to stop by for a visit to see if the Camano Friends Club is the right match for you and your family member and to get added to our waitlist. Visit or check our website for more information at [camanocenter.org](http://camanocenter.org)



*Our Camano Friends Club enjoys harvesting from our garden in the summer.*

## 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**



### **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.





## 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!



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Do You Need Help at Home?

## The Volunteer Chore Program & Camano Helping Hands

**FREE Assistance for Low-Income & Isolated Seniors & People with Disabilities**

We're here to support you in staying safe, healthy, and independent at home

Yard work - Grocery Shopping - Rides - Cleaning  
Social Visits - Animal Care - Firewood Provision & More

### Doctor or Case Manager Referral Required

If you do not have a doctor or case manager, Contact Northwest Regional Council Aging and Disability Resources

**[ADRCcamano@dshs.wa.gov](mailto:ADRCcamano@dshs.wa.gov)**

**(360) 428-1309**







## Introducing Camano Helping Hands & the Volunteer Chore Program

### *New Free Program for Island Residents in Need of a Helping Hand*

We're thrilled to announce a brand-new partnership at the Camano Center: **Camano Helping Hands & the Volunteer Chore Program**—a free service connecting volunteers with Camano residents who need a little extra help to live safely and independently at home.

Volunteers assist with everyday chores like **yard care, grocery shopping, prescription pickups, dog walking, and light housekeeping**. While we cannot offer personal care, respite, or moving assistance, this program is a great option for those who need help with non-medical daily tasks and have limited support.

This program is coordinated by the **Camano Center and the Opportunity Council**, and we are so grateful to be able to offer it to our Island residents.

### Could You or Someone You Know Benefit?

The program is **referral-only**, which means individuals cannot apply on their own—but as someone who reads our newsletter, you might:

- Have a friend, neighbor, or family member who knows someone who could use a hand
- Need help yourself but are unable to pay for services
- Be a professional or volunteer working with older adults or people with disabilities
- Be someone interested in volunteering and making a difference close to home

### Who Qualifies?

To be eligible, clients must:

- Live independently (not in a care facility or supported housing)
- Be 60+ years old or living with a functional disability
- Have low income or be unable to afford paid help
- Have needs unmet by family, friends, or other community services

### Please Note:

- All services are free and depend on volunteer availability. There may be a wait.
- Volunteers sign up for tasks they can perform and are interested in assisting with.
- Applications must come through a referral—potential clients cannot self-refer.

### How to Make a Referral:

If you are wanting to enroll in this program or know someone who needs help, contact NWRC and their resource specialist can help you sign up for the program. [ADRCcamano@dshs.wa.gov](mailto:ADRCcamano@dshs.wa.gov) 360-428-1309. Tell them you are calling about the Camano Helping Hands/Volunteer Chore Program. For more information or questions about volunteering or making a referral, contact:

#### Angie Bayley

Community Services Manager, Camano Center  
360-387-0222

[abayley@camanocenter.org](mailto:abayley@camanocenter.org)

Let's work together to ensure our neighbors have the support they need to thrive at home. Whether you're considering volunteering or know someone who might need a little help, we hope you'll join us in spreading the word!

## 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.





## **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)**

## **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**

## **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.**

**Powerful Tools for Caregivers** – offered at the Camano Center in 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 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. The 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.

**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

*Instructors Kris Kappel & Judith Shoudy*

**Upcoming session offered at the Camano Center:**

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

**September 22 - October 27**

**Mondays, 10:30 a.m. - 12:00 p.m.**

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.



# Become a Dementia Friend

by joining us for a free 60-Minute Information Session

## Dementia Friends Information Session

### Location:

**Camano Center**  
**606 Arrowhead Road**

### Date and Time:

**Monday, August 18**  
**10:30 a.m. - 11:30 a.m.**

### You will learn 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

*2025 Program Schedule*

## GRIEF TO GRATITUDE STORIED PASTS



**Come & Share Uplifting Stories  
of Your Lost Loved One to Inspire  
Joy, Reflection & Gratitude.**

*The most common of human experiences is the loss of those we love. This unique free program creates the space for you to share and celebrate that common reality.*

Facilitated by Danny Koffman, artist & author  
for more info contact [dan@koffman.net](mailto:dan@koffman.net) -or call- 360.348.6277

**10AM at the CAMANO CENTER**  
**Monday, August 25th**

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.

## August Lunch Entrée

1	Fri	No Community Lunch-Kitchen Closed
4	Mon	Kielbasa & Sauerkraut
6	Wed	Turkey Enchilada Bake
8	Fri	Smoked Turkey Wrap
11	Mon	Caprese Strata
13	Wed	Baked Potato w/Beef Chili
15	Fri	Chicken Caesar Salad
18	Mon	Chicken Strips & JoJos
20	Wed	Beef Meatballs w/Marinara
22	Fri	Ham & Swiss Sandwich
25	Mon	Broccoli Cheddar Quiche
27	Wed	Chicken Curry w/Onions
29	Fri	Antipasto Salad w/Salami

**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.



## Questions about Senior Nutrition funding?

While we do not know the ultimate impact current administration's new laws will have on Senior Nutrition, we do know the OAA (Older Americans Act established in 1965) is in jeopardy of being eliminated.

The OAA acts as a hub of funding to service providers (Island Senior Resources) for home delivered meals (Meals on Wheels) and congregate meals (in person), among many other crucial services.

We are in very close, ongoing communication with other senior serving partners to plan for what lies ahead. We are highly concerned about the future of our aging population and will keep you informed as we learn more.

**Bonnie Eckley**  
Executive Director



## 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.

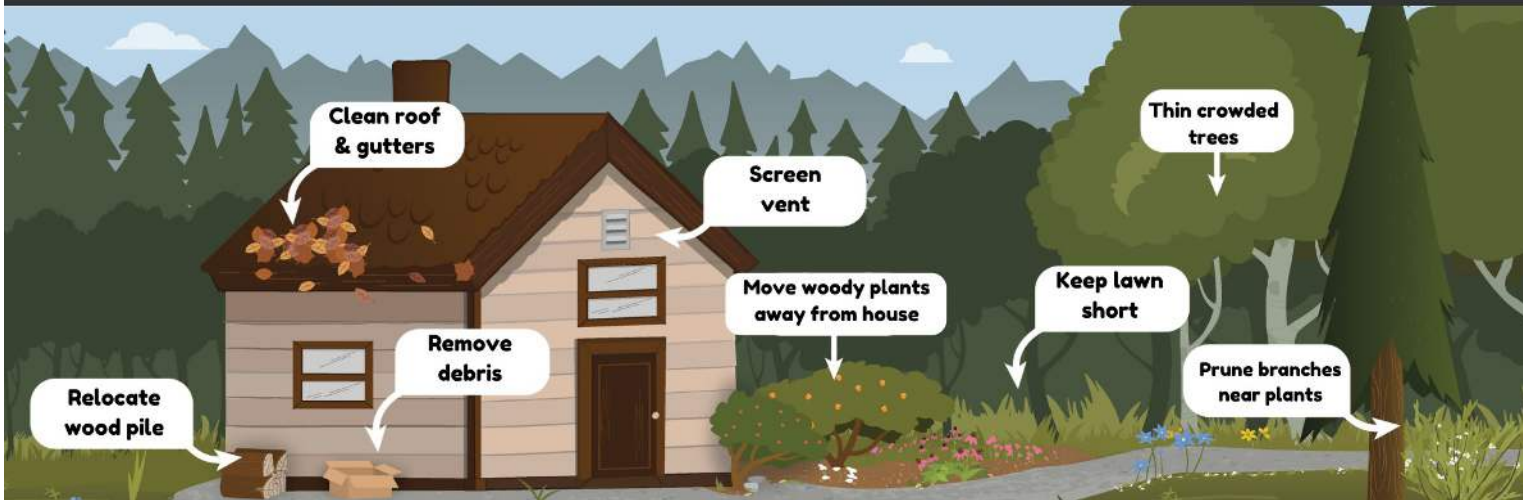
Contact Juliane Abbott for more information.

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



*Left to right: Darrall & Cheryl Dalberg*

## ANY TIME IS THE RIGHT TIME FOR WILDFIRE MITIGATION!



Wildfires are a normal part of forested ecosystems, occurring at different magnitudes from small, frequent fires in drier areas to large, rare fires in wetter regions. Yet as people and homes have moved into the forest, these fires pose a risk to human health and livelihoods.

The intensity and frequency of fires today has increased due to lack of forest management, human-caused ignition, and climate change.

There are actions that forest landowners can take to improve the health of their forests, and that everyone can take to increase their home's chances of surviving a wildfire.

### Do Now

- Clean your roof and gutters of flammable leaf litter
- Remove flammable debris and items within 5 feet around your house and deck, such as mulch, cardboard boxes, and fallen leaves and needles
- Relocate your wood pile to at least 30 feet away from your house

### Do Soon

- Remove or reduce fire-prone vegetation within 5 feet of your home
- Screen all gap openings and vents with 1/8th-inch metal mesh to prevent entry of wind-blown embers into the home

- Keep your lawn mowed to 4 inches or less
- Remove invasive plants (they crowd out native plants and are often flammable)
- These include English Holly (red berries, young stems are green), Himalayan Blackberry, Scotch Broom, English Ivy, and Bamboo

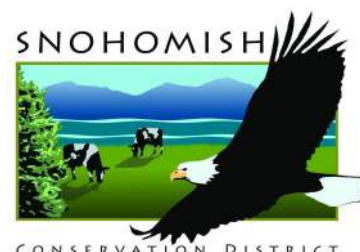
### Do When You Can

- Connect with your conservation district forester for a free site assessment
- Remove lower tree branches to reduce ladder fuels
- Request a wildfire home risk assessment
- Thin overcrowded trees for forest health
- Plant a diversity of native trees and shrubs

Snohomish Conservation District is here to help (at no cost to you)!

Call 425-335-5634 or submit a help request via our web form at [snocd.org/assist](https://snocd.org/assist).

Get to know your conservation district at [www.snohomishcd.org](https://www.snohomishcd.org).





KEEP LIFE  
GOING.  
**DONATE THIS  
SUMMER.**



The summer months are crucial for blood donation. Motor accidents are on the rise and there's a critically low shortage of blood donors. Your blood donation is essential to trauma care. Help support local hospitals that treat thousands of emergency patients daily and schedule an appointment to give blood. Book your appointment now to save lives. In one hour, you can make a difference.

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

## **CAMANO ISLAND COMMUNITY BLOOD DRIVE**

Mobile Bus – Camano Center | 606 Arrowhead Road, Camano Island

**Monday, August 25**  
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.*

# Travel Talk: A Window to the World at the Camano Center



Every month, the Camano Senior Center transforms into a global gateway during its popular "Travel Talk" gatherings. Held once a month, these engaging sessions offer members (non-members can participate for a \$5.00 fee) a chance to

explore the world without ever leaving the island. Travel Talk is more than a slideshow or a retelling of an itinerary - it's a celebration of culture, adventure, and personal connection, all shared through the voices of fellow members who have journeyed across the globe.

Each meeting features a member of the Center presenting on a recent or memorable trip. Destinations have ranged from the historic streets of Europe to the vibrant markets of Asia, the wildlife of Africa, and the scenic beauty of the Americas.

Through photos, stories, souvenirs, presenters bring their experiences to life, offering attendees a rich, immersive glimpse into places they may never have visited—or have always dreamed of seeing.

For attendees, Travel Talk is more than entertainment. It's an opportunity to learn about different cultures, gather travel tips, and spark inspiration for future adventures. The presentations often ignite lively discussions, new friendships, and a deeper sense of community among members who share a curiosity about the world. These gatherings also serve as a reminder that exploration and discovery are lifelong pursuits.

Importantly, the opportunity to present is open to all members. Whether you've taken a recent trip or want to share a meaningful travel experience from years past, your story has a place at Travel Talk. Presenting is a rewarding way to reflect on your journey, connect with others, and inspire fellow members to see the world through your eyes.

Whether you're a seasoned traveler or simply enjoy learning about faraway places, Travel Talk offers a warm, welcoming space to experience the joys of travel together. Join us each month and let the world come to you - one story at a time.



Travel Talk meets at the Camano Center on the 2<sup>nd</sup> Friday of the month, from 10 am to 12, noon. The Center is located at 606 Arrowhead Rd, Camano Island, WA (360) 387-0222. To sign up as a presenter, text or email Mark Kraus at [mark.kraus@outlook.com](mailto:mark.kraus@outlook.com) or (425) 503-9072.

Want to share your passion with others? As a valued Camano Center member, you can lead an activity and use our space free of charge! [Here's what you need to know to get started.](#)

*Paul Jantzen  
Camano Center Member*





# *Camano Center Weddings*

**606 Arrowhead Rd. Camano Island**

## **Catering**

Our catering services provide a memorable experience with customizable menu options to fit various budgets.

## **Bride and Groom Suites**

The venue includes a bridal room with a private bath and staging areas for the groomsmen and wedding party.

## **Licensed Bartender**

On-site bartending services ensure your event is enjoyable, safe, and professionally managed.

## **Indoor & Outdoor**

Host up to 200 guests for weddings, receptions, or special events with indoor and outdoor options.

## **AV Sound System**

The Sundin Room features an AV sound system with microphones, Bluetooth sound, a projector, and a 10-foot-wide screen.

The Camano Center is a local, non profit organization serving Camano Island. When you book your event with us, 100% of your rental supports programs and services.

**camanocenter.org | 360-387-0222**

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

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 [online calendar](#).**

# Activities and Hobbies

## *At the Camano Center*

### Get Strategic

#### *Cards & Games*

#### Mah Jongg

Every Mon

9:00-12:00pm

Location: Education Room

Mah Jongg is a fun and engaging game that combines skill, strategy, and a bit of luck. Playing/gambling for money is not required. Camano Center members are free to attend.

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! Playing for money is not required. Camano Center members can join at no cost.

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 Dominoes 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

Looking for a lively, social game that blends luck, strategy, and teamwork? Hand & Foot Canasta is an exciting twist on the classic Canasta, played with multiple decks and plenty of laughs.

Contact: Pat Bass

(415) 283-7929

#### Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Join us for Duplicate Bridge, a fun and social game played using the Standard American Bridge system, commonly used across the country.

Contact: Mike Bloom

(425) 971-1379







## 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

welcoming studio setting. Bring your supplies and work with your preferred materials—watercolor, acrylic, mixed media, or more.

Contact: Kitty Tanji

(425) 985-1319 (text only),

360 572-4123 or

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

### Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

Knit friendships, purl joy—share your love of yarn in good company.

Contact: Mary Beckham

(360) 387-6958



### Tuesday Paint Group

Every Tue

8:00-11:00am

Location: Craft Room

### Friday Paint Group

Every Fri

12:30-3:30pm

Location: Craft Room

**Join Paint Group** and explore your creativity in a relaxed and

### 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*

### **Friendship Tea**

1st Tue

Resumes September 2

10:30 a.m.-12:00 p.m.

Contact Connie Johnson

(360) 652-7211

### Camano Center Lending Library

All Weekdays

9:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home. Please bring it back when you are finished. That's all you have to do.

### Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

**Turning Pages Book Club: Read, Reflect, Connect!** The reading list is from the Sno-Isle library. Contact: Janet Penny (360) 403-5502 for information.

### Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Love to travel or just enjoy hearing about fun adventures? August's travel adventure talk will be about the Southwestern US by Beau Bailey.

Contact: Mark Kraus

(425) 503-9072

# Get Smart

## Computer & Phone Help

### Tech Tips

Every Tue

10:00-12:00pm

Location: Library

### **Tech Help with Wanda Hill**

Need help navigating your laptop?

Schedule a one-on-one session with Wanda Hill at the Camano Center for personalized tech support.

Wanda can assist you with:

- Navigating your Windows operating system
- Using Microsoft Word, Excel, and Outlook
- General computer questions welcome

*Please note: Mac and phone support is not available.*

Call (360) 387-0222 or stop by the front desk to make an appointment. Remember to bring your laptop!

### Macbook and iPad/iPhone

### Tutoring

2nd & 4th Thu 12:00-1:30pm

Location: Conference Room

Mac, iPhone & iPad Help with Joyce Lukaczer. Got questions about your Mac, iPad, or iPhone?

Join her for a **30-minute private Q&A/tutoring session each month** at the Camano Center.

These one-on-one sessions are

tailored to your needs—whether you're just getting started or want to explore new features, Joyce will meet you where you are and guide you at your own pace.

Bring your Mac laptop, iPad, or iPhone, Come with 3–4 questions ready,

Email [fact@msdeadlines.com](mailto:fact@msdeadlines.com) to

## Get Vocal

### Music Makers

sign up with Joyce.

### Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

Join us for a fun and welcoming country-western jam session. We play classic country, folk, and country rock in a round-robin format led by members. Acoustic instruments are encouraged—guitars, ukuleles, banjos, fiddles, and more! Lyrics and chords are available via Dropbox. Questions? Stop by and chat with Jack Rensel or Tim Spencer.

### Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Participation is open to those who have a basic understanding of the ukulele. Join fellow music lovers in strumming, singing, and sharing the joy of music with others. We invite you to play, connect, and share the fun of music.

Contact: Val Schroeder

(360) 387-2236

### Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

Join us for a relaxed, collaborative session focused on vocals with acoustic accompaniment. We play soft rock, folk, blues, bluegrass, country, jazz, show tunes, Hawaiian, easy listening, and classical. Instruments are non-amplified, but small handheld vocal amplifiers are welcome.

Music is shared via Dropbox; participants should use an iPad—no printed music provided.

Contact: Robin Widoff

(707) 312-1112

### Camano Ukulele Ensemble: Bite of Camano Stanwood Rehearsals

Wed, August 6

1:00-3:00pm

Location: Back Patio

Members of the Camano Ukulele Ensemble will be practicing for their performance at the Bite of Stanwood Camano.

### Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Step into the spirit of classic country and folk with a warm, welcoming group that loves to sing, play, and share the joy of music. We meet weekly at the Camano Center for a relaxed jam session followed by a 20–30



MORNING MOVEMENT FOR EVERY BODY

# ISLAND FUSION

**12-class Punch Card**

**\$84/\$75 Camano Center Members**

**Tuesday & Thursday**

**LIFT 7 a.m.**

**Yoga Palates Fusion 8 a.m.**

*Join the class through the back patio doors*

**Classes taught by Carol Pope**



minute practice for our monthly performance with the Camano Fiends Club (third Thursdays, 12–1 p.m.). The performance group is limited to 9, but all musicians join the practices. Bring your guitar, banjo, harmonica—or just your voice! Camano Center membership and weekly check-in required.

Contact: Lois Giles

## Get Active

### *Exercise & Fitness*

(206) 235-3123

**Camano Fit & Steady** is a fitness program for adults 65+, focused on strength, balance, and flexibility. One-hour classes are held twice weekly (Tues/Thurs) or three times weekly (Mon/Wed/Fri). Certified instructor Traci Smith adapts the program to individual needs and goals. Classes take place in the Sundin Room and are currently at capacity. Open to Camano Center members only.

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

Every Mon/Wed/Fri  
8:00-9:00am

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

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

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

Every Mon/Wed/Fri  
10:00-11:00am

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

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

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

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

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

Every Tue/Thu  
11:15-12:15pm

**Lift & Pilates Yoga Fusion** classes are taught by Island Fusion and led by Carol Pope, a seasoned fitness instructor with years of experience. These classes focus on strength, balance, and flexibility in a

supportive group setting. The cost is \$84 for a 12-class punch card, or \$75 for Camano Center members. A drop-in class is \$12. Please enter through the back patio door.

Contact: Carol Pope  
(425) 344-9505.

#### LIFT

Every Tue/Thu  
7:00-8:00am

#### Pilates/Yoga Fusion

Every Tue/Thu  
8:00-9:00am

#### Line Dancing Class

Every Wed  
3:00-4:00pm  
Location: Sundin Room

#### **Line Dancing Lessons**

Fun, fitness, and great music—no partner needed! Learn everything from Country to Top 40 with expert instructor Kari Dziejwiontkoski. Wednesdays, 3–3:45 p.m. \$10 or \$8 for Camano Center members. Register:

# What's Age Got to Do With It?

## *Flipping the Script –On Aging*

If you volunteer at Camano Center or 2<sup>nd</sup> Chance Thrift Shop, you're familiar with the monthly Volunteer Newsletter. It's always so full of insights, acknowledgements, and inspiration that I'm going to borrow a headline and some text from a recent one that really hit home with me, and seemed a perfect theme for a column devoted to the question, "What's Age Got To Do With It?" Don'cha' think?

Kris Kristofferson's "Feeling Mortal" projects a stereotype of aging that seems to imply that we no longer have purpose. He's wrong!

[https://www.google.com/search?q=kris+kristofferson+singing+Feeling+Mortal&oq=kris+kristofferson+singing+Feeling+Mortal&gs\\_lcrp=EgZjaHJvbWUyBggAEEUYOdIBCjlyMjYzajBqMTWoAgiwAgE&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:372b1bd8,vid:AX90dZeQWMY,st:0](https://www.google.com/search?q=kris+kristofferson+singing+Feeling+Mortal&oq=kris+kristofferson+singing+Feeling+Mortal&gs_lcrp=EgZjaHJvbWUyBggAEEUYOdIBCjlyMjYzajBqMTWoAgiwAgE&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:372b1bd8,vid:AX90dZeQWMY,st:0)

Instead, Volunteer Coordinator Lisa Brent's newsletter article, "Let's Flip the Script – On Aging" opens with a quote that sets a better tone...



*"Let's toss out the tired stereotypes and flip the script together! Aging isn't about slowing down – it's about stepping up, staying curious, connecting with others, and making a difference."*

Inspired by that challenge, I did a bit of sleuthing on the research being done on that very concept. Conclusions all seemed to point to the fact that many

older Americans are redefining their health, defying challenges, and living with purpose. Sounds like us, doesn't it?

In an exclusive study done by National Geographic and AARP six questions were asked of seniors exploring their feelings about health, money, happiness, relationships, life stages, and our final years. The most thought provoking to me was the opening question, encompassing all the rest...

*"Assume for a moment that there was a pill that could extend your life by 10 years. How likely would you be to take that pill?"*

What would your answer be?



This response from one of the subjects really rang true for me.

*"Aging is aging. It's something that happens. It can be good if you have a right attitude. It can be terrible if you resent it and think of all the aches and pains you acquire, which you didn't used to have."*

Joni Mitchell reminded us of this in her classic, "The Circle Game."



<https://jonimitchell.com/library/video.cfm?id=14>

You can read some of the other responses in the link below.

<https://www.aarp.org/health/healthy-living/aging-survey/>

...and furthermore...



*"Studies have shown that older people are more prosocial. They care deeply about future generations, helping others, and leaving a legacy of a better world. We've never had that before at this scale. It's pretty exciting and offers immense opportunities for society. Those opportunities will only come to fruition if we adopt strategies that ensure the core institutions in our society—work, volunteering, retirement, healthcare, public health, education—are redesigned to support the population we will have in the future."*

<https://www.publichealth.columbia.edu/news/aging-redefined#:~:text=The%20benefits%20go%20far%20beyond,will%20have%20in%20the%20future>

So, there you have it. Acknowledgement that the wisdom, energy, and humor that come with every year have value.

You were right, Dusty!

[https://www.google.com/search?q=dusty+springfield+singing+%22Goin%27+Back%22&oq=dusty+sprin&gs\\_lcrp=EgZjaHJvbWUqBggAEEUYOzIGCAAQRRg7MgYIARBFGDkyBggCEEUYO9IBCDQ5MzRqMGo3qAlAsAIA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:28ca5750,vid:YQvXJbfwNkM,st](https://www.google.com/search?q=dusty+springfield+singing+%22Goin%27+Back%22&oq=dusty+sprin&gs_lcrp=EgZjaHJvbWUqBggAEEUYOzIGCAAQRRg7MgYIARBFGDkyBggCEEUYO9IBCDQ5MzRqMGo3qAlAsAIA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:28ca5750,vid:YQvXJbfwNkM,st)

:0



We are fast becoming the majority, giving us the opportunity to have increasing influence on improving things, if only we can set a good example of what attitudes make a better world possible. It's never too late to make it matter!

Connie Johnson  
Camano Center Member





## 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

We support healthy aging, connection, and well-being for adults 55 and older.

## Contact Us

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