

CELEBRATE  
NATIONAL SENIOR CENTER MONTH  
*at the*  
**CAMANO CENTER**



Spaghetti Dinner Fundraiser supports the Camano Center. More information on [Page 13](#).

[GET TICKETS HERE](#)



*Executive Director, Bonnie Eckley addressing the attendees of the 2025 Emerald Circle Donors Happy Hour Reception*

|                               |                         |
|-------------------------------|-------------------------|
| <b>September Highlights</b>   |                         |
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## HOURS OF OPERATION

### Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 a.m.—4:00 p.m.

### 2nd Chance Thrift Shop

1335 State Route 532 | Camano Island | WA | 98282

(360) 629-6142

### Shopping

Wednesday through Saturday

10:00 a.m. to 4:00 p.m.

### Donations Accepted

Thursday through Saturday (No Wednesdays)

10:00 a.m. to 4:00 p.m.



**CamanoCenter**  
Get connected.

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

### Board of Directors

Lary Carlstrom | President

Paul Foster | Vice-President

Judith Shoudy | Treasurer

Jeff Highland | Secretary

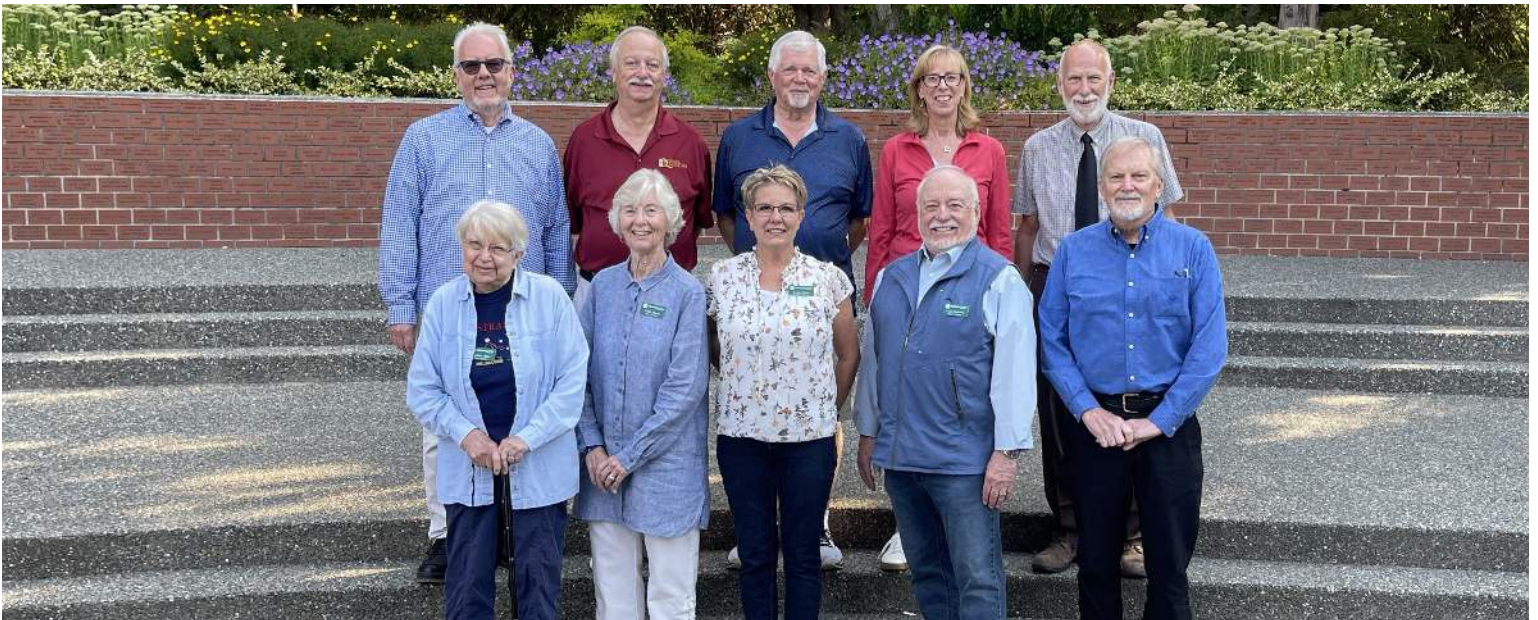
Ken Johnson

Kelly Kraus

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 July 11—August 10, 2025

## Appreciation of Services:

|                       |                               |
|-----------------------|-------------------------------|
| Joy Latimer           | Medical Equipment             |
| Anonymous Donors      | Round Up at 2nd Chance Thrift |
| Gerald and Susan Hunt | Medical Ride Program          |
| Anonymous Donor       | Coffee                        |

## General:

- Juliane Abbott
- Edla Deppman
- Dwain Colby
- Cora Curre
- Robin and Glen Elder
- Pat Clark and Carol Hoeksema
- Connie and Nick Johnson
- Jill Johnstone
- Anonymous Donor
- Steven and Norma Knopp
- Mark and Kelly Kraus
- Jeff and Bonney Lemkin
- Fred Monte
- Paul Savoie
- John and Karen Selle
- Betsy Shields
- Duane Simshauser
- Tim and Kirsten Spencer
- Dan Tomalin
- Phil and Candy Trautman

## In Memory:

- Samantha MacDonald *Virginia Berube*
- Barbie Whisler *Ben Whisler*

## Restricted:

- Ann-Marie McClellan Camano Friends Club
- Leland J. & Dorothy H. Olson Charitable Foundation  
(Medical Transportation Program)

## Star Campaign:

- Anonymous Donor

## 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! 

**Donate Now** 

 360-387-0222

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



# Executive Director Report for Board of Directors

## August 2025



### Upcoming Events/Happenings for 2025:

|      |                          |                            |
|------|--------------------------|----------------------------|
| 9/4  | Spaghetti Fundraiser 4pm | 11/15 Holiday Craft Bazaar |
| 9/27 | Gala Auction             | 12/2 Giving Tuesday        |

### **Past 30 Days:**

- Emerald Circle event this year was held inside due to wind, and many felt it was one of the most fun and relaxing years they can remember. We needed to use plastic plates and Adin cooked in the Education room due to the kitchen being under construction, but it went perfectly!
- The Annual Membership meeting was held on Monday the 28<sup>th</sup>. Approximately 30 attendees were on site to listen and ask questions. Next year we have made note to have more details on the financials. This has always been a high-level operations focus, but several members requested the overall picture of our financial standing. Balance sheet was copied and handed out before meeting adjourned.
- Discussions with ISR regarding Senior Nutrition and possible cuts to the budget/program are ongoing. The newly formed Senior Alliance Coalition met on the 21<sup>st</sup> of August for 4 hours in Coupeville, to work on future referral and partnership plans in preparation of state budget changes in September.
- I met with south groups in Everett at the Community Foundation of Snohomish County, where we have formed a Senior Serving Coalition group. Most nonprofits are doing their best to plan for the unknown, but some have already seen finding end and are scrambling to stay afloat.
- The kitchen is back open and we served lunch again on Monday the 4<sup>th</sup>. Insurance reimbursements have come in for the work we have paid for so far. Work included ServPro drying out the kitchen, Sundin room, and basement. A moving team taking out all equipment, moving all items (dishes, food, etc.) ripping out all damaged flooring, cabinets and counters, insulation in the basement ripped out and replaced, replacing with new flooring, new cabinets, new stainless-steel countertops and back splash, and all equipment installed and moved back in. We have had to call in appliance repair and dishwasher maintenance help due to issues with the equipment not working the same as before. Additional costs were incurred to clean the walls and equipment before putting them all back in.
- Insulation still needs to be replaced in basement. The job will entail replacing some of the remaining insulation as it is no longer up to code and the area that flooded. A small plumbing leak nonrelated to the flood needs to be fixed before the insulation project.
- Septic tanks were pumped this month. Hot water tank inspection performed. NPIP yearly renewal inspection performed. Fireplace in lobby cleaned professionally.
- Met with both new board members, Dale Wagner and Judith Shoudy individually to give a brief history and answer questions regarding their new positions on the board.
- Julie participated in the National Night Out for Camano, with a booth and materials. Attendance was low, but she had good conversations with the people that came.
- Cindy was able to attend CFSC's planned giving sessions at the Edmonds Waterfront senior and community center. This added to our current goal of preparing our planned giving webpage and documents.

- Our power was purposely scheduled to be off the weekend of the 16/17<sup>th</sup> so that more equipment could be installed in preparation for the BESS (Battery Energy Storage System) installation. The battery will be installed on August 25<sup>th</sup>. A big thank you to Emily and Tobin at Box of Good who allowed us to bring all of our fridge and freezer contents to their facility in Stanwood since the power was going to be longer than originally thought. Thank you to Ken for setting it up!
- The condenser pump for our air conditioning unit stopped working so Washington Energy serviced the unit and we are back running. This time of year with hot weather the system really works hard. This is a very good argument for not allowing the doors to be propped open during the summer.
- Cindy and I met with Matt from Stordahl regarding their Planned Giving tools. They sent us great ideas and templates will follow. This will be part of our strategic planning process with staff.
- I was able to meet with Fleur Larson through the Community Foundation of Snohomish County for my first 2 hour session to help ED's with their jobs. I will be meeting again in September for follow up. This was very helpful to me in figuring out the best next move for hiring and details of my role.
- Larry, Judith and I met with Karen Bueschke to review our financial reports before they both take over as President and Treasurer for our next meeting.
- Saturday, August 23<sup>rd</sup> was the Camano Preparedness Group Fair. Karen Conway and Lynda Nelson shared their information on behalf of the Center by representing Camano Helping Hands and Camano CARES at the Camano Center booth.
- **Rentals this past month:** Wedding reception, Wedding, Memorial, Medicare 101 (2 times), and Taste Buddies
- **Non-profit meeting space:** Blood Drive
- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Stilly Valley Center, Camano Fit, SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, Cascadia Renewables & teams, CIFR, NWRC, Island Senior Resources, CASA, Stanwood Camano Food Bank, SCAF Emergency Preparedness group, Fleur Larson Facilitation

| 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                    |
| Coastal Community Bank                          | Denied 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                 |
| William E. Wockner Foundation                   | Applied for \$29,000  | Camano Helping Hands                   |

**Thrift Store update:**

- Average Customer spend for August to date \$12.35
- Average Daily gross in sales for August to date is \$2,865
- Heidi Cibert has taken on the administration of the Instagram account for the thrift store, posting

new videos and content to excite shoppers. Work on our website to promote the store will be a big part of Heidi's role.

- Saturday the 30<sup>th</sup> will be Nicole's last day. We will miss her!



# 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

# Run for the Roses Gala

## 19th Annual Gala

### Benefiting the Camano Center

**LIVE GALA ITEMS  
AND DESSERT  
DASH  
DONATIONS  
NEEDED!**

Donation Deadline is 9.9.25



**Auction Examples:** Gift baskets & certificates, sporting and event tickets, unique experiences, vacation homes, home services.

**Desserts:** Cakes, pies, cookies — the sweeter, the better!

Please contact Cindy Hand at  
[chand@camanocenter.org](mailto:chand@camanocenter.org) or 360-387-0222.

More info at [camanocenter.org/gala](http://camanocenter.org/gala)

Tickets on sale 9.2.25

Event date 9.27.25



**CamanoCenter**  
Get connected.

# 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.

# Rightsizing Your Life

an Aging Mastery Program Elective Class



**Presenter:**

**Brooke Knight, Real Estate Broker**

**Good Knight Homes**

**Thursday, October 2nd**

**2:00-3:30**

**at the Camano Center**

**606 Arrowhead Road, Camano Island**

**pre-registration required,**

**call 360-387-0222 to register.**

**class is offered at no cost**

Join us for an interactive class that helps you look at the pros and cons of a move, consider different housing options, deal with your concerns about moving and the potential family issues that may arise. Plus you'll learn how to develop a process for choosing what to keep and what to let go of, and create a roadmap with some easy first steps!

This class is part of the Aging Mastery Program Elective classes. Each participant will receive a booklet with action steps and resources for expanded learning opportunities on this topic.

# Camano Center Community Update

## Better Age Pilot Program

### Thank you to everyone who completed the Better Age Wellness Survey!

Your responses are helping shape programs that support healthy aging here at the Camano Center, while also providing the Better Age team with valuable insights. The graphics below highlight some of the key findings from this Washington State pilot program.

### What's Next?

The Better Age survey is designed to do more than gather data—it's meant to give *you* helpful insights, identify challenges and opportunities, and serve as a tool to create your own personal action plan.

In the coming weeks, participants will have an opportunity to share:

- Impressions of the information you received
- Ideas for making the recommendations more useful
- Suggestions for making the log-in pages easier and more inviting

Stay tuned for details—we look forward to your feedback!



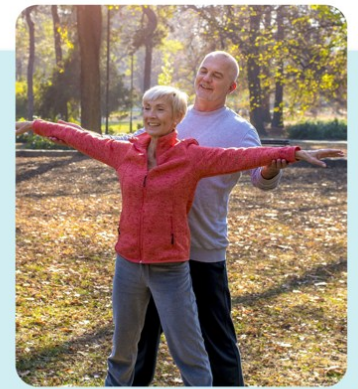
### Reasons People Like You Are Taking Our Assessment

- 36%** To Improve their Health
- 33%** Curiosity
- 15%** To Change Behaviors

### What Are Your Health Priorities?

Here is what thousands of older adults have told us:

- 59%** Physical Activity
- 40%** Sleep
- 37%** Brain Health
- 37%** Nutrition



### Asking for Help = A Better Life

**1 in 5** older adults are reluctant to ask for help when they need it.

But those who do ask are much more likely to enjoy:

- ✓ Better quality of life
- ✓ Stronger physical and emotional health
- ✓ Greater social connection and sense of belonging
- ✓ More joy and fun each day



### Give a Little, Gain a Lot!

Volunteering is good for you as well as for the people you help.

People who volunteer report:

- ✓ Higher quality of life
- ✓ Better emotional and mental wellbeing
- ✓ Less loneliness /stronger community ties
- ✓ More purpose, joy and fun



**45%** Currently Volunteering

**26%** Would Volunteer if Asked



# 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!



Fullness of *life.*  
Transitional Rehab • Senior Living  
Long Term Care • Early Learning



## Aging and Disability Resources for Camano Island

### Aging & Disability Resource Program Specialist

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

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.**

Celebrate National Senior Center Month  
at the Camano Center!

Join US  
for a

# Spaghetti Dinner Fundraiser

No-Host  
Bar



SEPTEMBER  
4TH  
4:00PM-6:00PM  
AT THE CAMANO  
CENTER



CamanoCenter  
Get connected.

Tickets are free. Guests will be encouraged to make a donation to support Camano Center Programs & Services.

Questions? Call 360-387-0222

Click [HERE](#) to get your ticket!



CamanoCenter  
*Get connected.*

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**





## Camano Helping Hands / Volunteer Chore Program

### Camano Helping Hands & the Volunteer Chore Program

is now available on the island, providing free, volunteer-powered help for residents who need a little extra support to remain safe and independent in their homes.

### What the Program Offers

Volunteers lend a hand with many everyday tasks, such as:

- Light yard work
- Grocery shopping or prescription pick-ups
- Dog walking
- Simple household chores

This program does not provide personal or medical care, moving services, or respite, but it's an excellent option for those who could use a bit of practical, non-medical assistance.

### A Partnership for Camano Residents

Camano Helping Hands is made possible through collaboration between the Camano Center and the Opportunity Council. Together, we're working to ensure that island residents who may not have family or other support nearby can still access the help they need.

### Who Can Participate?

The program is designed for adults who:

- Are age 60 or older, or living with a disability
- Live independently (not in a care facility or supported housing)
- Have limited income or cannot afford paid services
- Lack adequate support from family, friends, or other programs

### How Referrals Work

Unlike some services, this program is **referral-based**. That means people cannot sign up on their own. But here's where you come in:

- You may know a friend, neighbor, or family member who could benefit
- You might be a professional working with older adults or people with disabilities
- You might even be interested in volunteering yourself

### Getting Started

If you'd like to refer someone—or learn more about enrolling—please contact:

#### Northwest Regional Council (NWRC)

[ADRCcamano@dshs.wa.gov](mailto:ADRCcamano@dshs.wa.gov) 360-428-1309 (mention the Camano Helping Hands/Volunteer Chore Program)

For information about volunteering or general program details, reach out to:

#### Angie Bayley

Community Services Manager, Camano Center  
360-387-0222

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

### Join Us in Building a Stronger Community

Camano Helping Hands is all about neighbors supporting neighbors. By volunteering, spreading the word, or referring someone who needs assistance, you can play a part in helping our community members age in place with dignity and care.

# 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 Gets a New Piano *A Story of Collaboration*

Camano Center gets a new piano; team effort brings this into fruition. A story of collaboration.

Camano Friends Club has been enjoying piano music since the inception of the program two years ago. Carol Williams plays frequently on a regular schedule. The older spinet piano that was at the Center had seen many years of use. The dolly for moving the piano was stiff and the piano was cumbersome to move. The piano needed to be tuned, and the music rack has seen so much use it really didn't function anymore, occasionally requiring someone to hold the music.

A team got together to look for a new piano that would fill the needs of the Center for many years to come while providing regular music for Camano Friends Club. Carol, a lifelong pianist and piano teacher started a search for an instrument that would sound good in the space. She found one at North Sound Piano, a studio piano that was slightly taller than the one that was here, a brand-new Mason and

Hamlin which is a highly respected brand of pianos. It compares well to Steinways but at a fraction of the price. The extra height uses longer strings which give a deep resonate mellow sound.

On June 9th a group of friends including Kevin Standley, husband of Sheri Standley Camano Friends Club assistant, won a golf tournament and chose to donate their \$2,800 winnings to help with the purchase of a new piano.

North Sound piano put together a very nice package that included removal of the old piano, delivery of the piano with dolly and tuning the grand piano at the Center.

The new piano got delivered on July 10 safe and sound. It sounds beautiful and glides like a feather on its dolly. Larry, Carol and all the Camano Friends Club are so excited!

[Listen to the new piano now!](#)

*Tina Dinzl-Pederson  
Camano Friends Club Coordinator*



*Carol Williams and friends*

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



## Meals on Wheels Information

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

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

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

Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

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

No one will be turned away because they cannot pay. Checks or cash are accepted; no debit/credit cards. For further information, call (360) 387-0222 or email Lars Wengren.

[camanokitchen@islandseniorservices.org](mailto:camanokitchen@islandseniorservices.org)

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

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

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

## September Lunch Entrée

|    |     |                                |
|----|-----|--------------------------------|
| 1  | Mon | Labor Day-Meal Site Closed     |
| 3  | Wed | Roasted Pork Loin              |
| 5  | Fri | Caprese Sandwich               |
| 8  | Mon | Muffaletta Sandwich            |
| 10 | Wed | White Chicken Chili            |
| 12 | Fri | Chicken Taco Salad             |
| 15 | Mon | Corned Beef Hash               |
| 17 | Wed | Pepperoni Pizza                |
| 19 | Fri | BLT Sandwich                   |
| 22 | Mon | Chicken Curry w/Sweet Potatoes |
| 24 | Wed | Chicken Alfredo                |
| 26 | Fri | Lunch Room Closed              |
| 29 | Mon | Pepper Jack Burger             |

# 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: John Franett, Marsha Anderson & Teresa Franett*



## 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

# 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](#)

[Cascade Lumber](#)

[Cascadia Eye](#)

[Coastal Community Bank](#)

[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](#)

[Hausmeister Home Services](#)

[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](#)

[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](#)

[Vidor & Associates, Inc.](#)

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

[Windsor Square Senior Living](#)



# *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](http://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

#### 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)

All skill levels are welcome

#### Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

A popular card game of the Rummy family. Playing Hand and Foot provides a fun and engaging way to

socialize and interact and a little bit of friendly competition.

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.

Contact: Mike Bloom

(425) 971-1379

#### 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.

Contact: Melinda Brown

(360) 387-2940 for details.

#### Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Join us for Pinochle, a fun and engaging card game that blends skill, strategy, and social interaction and hours of fun.

Contact: Mary Rauch

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

or (360) 387-1142





## 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, and you can participate for free as a Camano Center member. 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

### **All-Medium Paint Group at the Camano Center**

Paint Group meets Tuesdays or Fridays, and participation is free to Camano Center members.

Contact: Kitty Tanji  
(425) 985-1319 (text only),  
360 572-4123 or  
email: [dragoes@me.com](mailto:dragoes@me.com)

### Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

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

Contact: Sharon Szekely  
[sharonsseams2b@yahoo.com](mailto:sharonsseams2b@yahoo.com)

### Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

**Knit friendships, purl joy**—share your love of yarn in good company. **Contact:** Mary Beckham at (360) 387-6958 for details.

## Get Curious Special Interest

### Friendship Tea

1st Tue

10:30-11:30am

Location: Education Room

Join us for tea, treats, and a nice visit with friends, both old and new.

Contact: Connie Johnson  
(360) 652-7211

*(Continued on page 24)*

FREE FOR CAMANO CENTER MEMBERS

# FRIENDSHIP TEA

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

**10:30 A.M. to 11:30 A.M.  
First Tuesday of the Month**

**Contact: Connie Johnson  
(360) 652-7211**



### 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

Presentation on Southern Italy and Sicily. Starting at Hadrian's Villa near Rome, we travel through the south with stops at Pompeii, the Amalfi coast and Capri.

**Contact:** Mark Kraus  
(425) 503-9072

### 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.

## **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. Wanda

is here to offer help you learn more about Your Windows operating system, MS Word, Excel, Outlook and general questions are welcome. Sorry, no MACs or phones. Remember to BRING YOUR LAPTOP!

### Macbook and iPad/iPhone

#### Tutoring

2nd & 4th Thu

1:00-2:30pm

Location: Conference Room

Need help using your Mac laptop, iPad or iPhone? Sign up for a 30 minute private Q&A tutoring session with Joyce. All questions welcome! These sessions are intended to meet you where you are. Email Joyce Lukaczer to sign up [fact@msdeadlines.com](mailto:fact@msdeadlines.com).

## **Get Active** *Exercise & Fitness*

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

Instructor: Carol Pope (425) 344-9505 12-class punch card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

#### LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

#### Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

**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 & Friday) and is conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals. The class is available to Camano Center members only. All classes are currently at capacity.

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

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

### (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

Location: Sundin Room

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

Every Tue/Thu

9:15-10:15 am

Location: Sundin Room

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

Every Tue/Thu

10:15-11:15am

Location: Sundin Room

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

#### Level 1

Every Tue/Thu

11:15-12:15pm

Location: Sundin Room

# SOCIAL DANCE SIMPLIFIED

## LINE DANCE CLASS

**\$10 per person / \$8 Camano Center Members**

**Class is held at the Camano Center  
Wednesday 3-3:45 p.m.**

**Kari Dziejwiontkoski has been teaching folks to dance  
for over 20 years. You're in good hands!**



### Line Dancing Class

Every Wed

3:00-4:00pm

Location: Sundin Room

Ready to kick up your heels and join the dance floor? At our Line Dancing Lessons, we're all about fun and fitness rolled into one awesome experience! The instructor, Kari Dziejwiontkoski has been teaching folks to dance for over 20 years – you're in good hands!

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

## Get Vocal

### Music Makers

### Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

Acoustic non-amplified musical instruments. The use of small handheld individual vocal amplifiers is encouraged. No hard copy content for music group. Song content on DropBox for song

content. Soft/light rock & roll, folk, blues, bluegrass, and country.

Contact: Robin Widoff  
707 312-1112

### Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Strum & Sing: Classic Country & Folk at the Camano Center with a welcoming group that loves to sing, play, and share the joy of music. We will be practicing for our monthly gig with the Camano Friends Club. Contact: Lois Giles (206) 235-3123

### Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

Attendance is free for Camano Center members. Nonmember attendance fee is \$5 per visit. We play mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable.

We occasionally perform before audiences as a group at the Camano Center or at other venues. Participation is limited to Camano Center members or visitors who pay the daily fee established by the center (\$5 a day). The group is managed by Jack Rensel and Tim Spencer. To participate, come to the Camano Center 12:30 p.m. to talk to us, as the music starts at 1:00 p.m..

### Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

We invites you to play, connect, and share the fun of music. Make music and meaningful connections with the Camano Ukulele Ensemble! This weekly activity is free for Camano Center members who have a basic understanding of the ukulele. Contact: Val Schroeder (360) 387-2236

# What's Age Got to Do With It?

## Over & Over & Over Again



Sometimes it seems like, no matter how much work and dedication has gone into making positive change and moving forward, "history repeats itself" in an endless loop. Personal relationships often seem to follow this pattern over time, as do events in the larger world. Plants and [animals](#) cycle through the seasons in the same ways in what seems like an eternal loop – until something as minor as a change in temperature disrupts that pattern – or as major as a catastrophic event like an asteroid crashing into the earth.

People have been trying to understand this phenomenon since time immemorial. A very scholarly article discusses it at length, if you have the time, interest, and patience to explore it:



[Does history really repeat itself? - California Learning Resource Network](#)

Songs have been written about it:

Bobby Day "Over and Over" 1958  
Bing Videos



Philosophers of all sorts and in all ages have tried to put it into words, classical, biblical, folksy, and contemporary:



"History repeats itself, first as tragedy, second as farce." - Karl Marx.

"History repeats itself, but in such cunning disguise that we never detect the resemblance until the damage is done." - Sydney J. Harris.

"History repeats itself because nobody listens the first time." - Erik Qualman.

"The past does not repeat itself, but it rhymes." - Mark Twain.

"Each time history repeats itself, the price goes up." - Ronald Wright.

"Those who cannot learn from history are doomed to repeat it." - Winston Churchill.

"Silence ensures that history repeats itself." - Erin Gruwell.

"What has been will be again; there is nothing new under the sun." - Ecclesiastes.

"Those who cannot remember the past are condemned to repeat it." - George Santayana

Quotes like these serve as a reminder of the cyclical nature of human behavior and events throughout time, emphasizing the importance of learning from past experiences to avoid making the same mistakes in the future.






Maybe someday, humankind will grasp the vital message that if we do not learn from what has gone before, we will eventually be no more.

Connie Johnson  
Camano Center Member

# SECOND HAND SEPTEMBER



## WHY THRIFT?

-  **Better for the Planet**  
Reduce waste and give pre-loved items a second life
-  **Save Money**  
Find great pieces at a fraction of the cost
-  **Unique Finds**  
Discover one-of-a-kind treasures you won't see anywhere else
-  **Support the Community**  
Every purchase helps make a difference locally



[www.2ndchancethriftshop.org](http://www.2ndchancethriftshop.org)



## Our Values

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

## Our Vision

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

## Our Mission

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