



## South Whidbey at Home

*Staying Active, Connected and In Charge*



### A NEW YEAR BEGINS

It's about 4:30 in the afternoon as I write this, cozy by a fireplace because it's cold and dark outside! I hope you're also warm and cozy in your South Whidbey home, and that we can help make your 2019 there a good one.

A huge *Thank You* to Goosefoot for their support in 2018. Profits from the Goose grocery store go to South Whidbey non-profits. This group got a level of financial support that keeps us solvent and allows us to expand our capabilities.



Kudos to our founder and first Board President, Lynn Willeford. Unanimously nominated by the Call Managers, Lynn was honored by the national Village to Village Network. It was a well-deserved honor for Lynn and nice recognition for South Whidbey at Home as well.

We've welcomed Stephen Guss to replace our ace treasurer Paul Goldfinger.

The Board is using this time to consider options for the organization's future. What's working? What could work better? Are there things we should be doing, but aren't? Or things we *are* doing, but maybe shouldn't be? What are *your* thoughts? Email [president@swathome.org](mailto:president@swathome.org) and let me know. Seriously, share your ideas and concerns.

*Allan Ament*, President of the Board



## LOOKING BACK AT 2018

### LUNCH BUNCHING and LUNCHING & LEARNING

The **Lunchers** who gather at Neal's Clover Patch to eat and talk chose an interesting topic recently: "What Scares You?" Concerns about aging were first and foremost, with lots of questions for the member present who's already 100. We don't think any of these people look a century old.

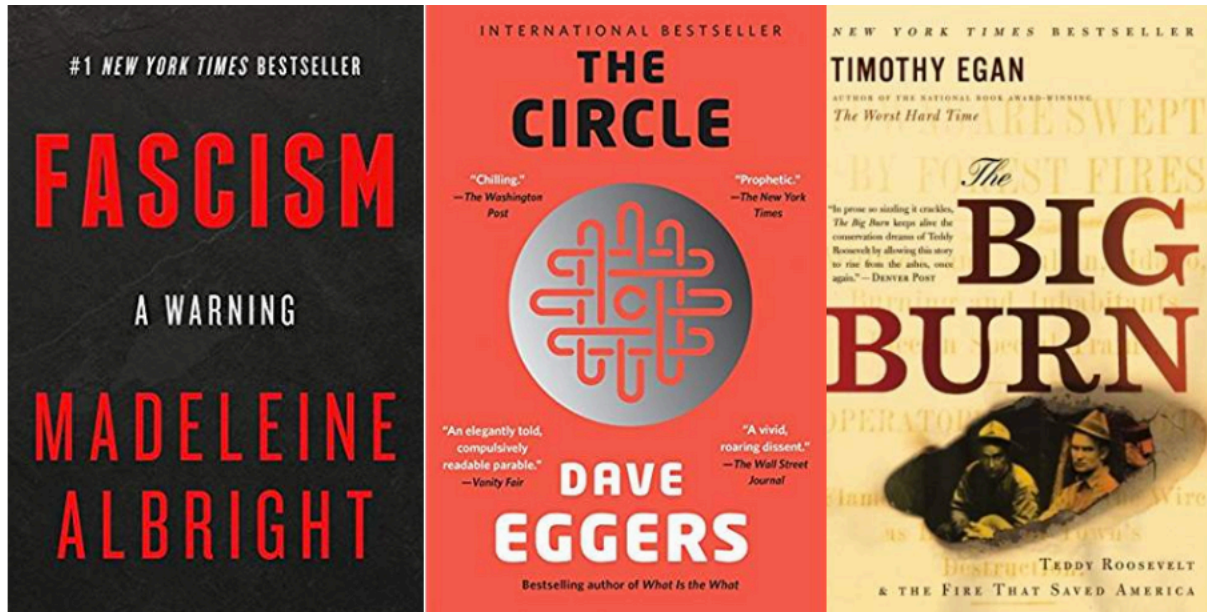


The **Learners**, at **Island Senior Resources**, heard from Verna Everitt, the new director of the **Whidbey Island Center for the Arts** and from WICA's longtime artistic director, Deanna Duncan. They explained WICA's five-point focus on theater, dance, music, literature and visual arts. They also said that January will include "Femmes Fatales of Film Noir." Now that sounds like fun.

Moon Dixon, a physical therapist who specializes in lymphatic-system functioning, talked about the complexities of that system, and the improved health and well-being that can come from detoxifying.

## THE AVID READERS HAD AN INTENSE YEAR!

They read these books, and more, coming together for lively conversations about what they'd read.



**And they've agreed on the books for the first half of 2019...**

January 17 ~ *Happiness is a Choice You Make* by John Leland

February 21 ~ *Strangers in Their Own Land* by Arlie Russell Hochschild

March 21 ~ *Midnight at the Bright Ideas Bookstore: a Novel* by Matthew Sullivan ... A Whidbey Reads 2019 selection

April 18 ~ *House at Poplar Wood* by Katie Ormsbee

May 16 ~ *A Gentleman in Moscow* by Amor Towles

June 20 ~ *Beautiful Country Burn Again* by Ben Fountain

**All members are welcome to chime in.**

The conversations are always at 3 PM, in the Freeland library.

Late summer, there was a picnic in the park for everybody.  
And a party at Roaming Radish to thank all the volunteers.  
**Good food, good company. Y'all came.**



**If you're a full member,  
you can always ask for a ride to such events.  
Call the office at 360-331-1971.**

