



South Whidbey at Home
Staying Active, Connected and In Charge



Spring Newsletter- 2019

A New Leadership Team

The SW@ Home board elected a new slate of officers at their March meeting. Marcia Wiley, who has been involved with SW@H since the early planning stages, will serve as President; Melissa Holmes Lebo will move from Secretary to Vice-President, Janice O'Mahony is Secretary and Stephen Guss is Treasurer.

The Board is also recruiting new board members to add experience and diverse skills to our group. We hope to have three to four new board members appointed by May.

Ideas and energy are percolating and will surely enhance the SW@Home programs and services we currently offer. We are considering new offerings and possibilities for other collaborations in the community. We will keep you posted as ideas develop and always welcome your input and suggestions. We also want to thank all the volunteers, call managers, members and supporting members, as well as our Call Manager Coordinator, Lynne Burrows, for helping to build a vibrant community.

Finally, we are sincerely grateful to Allan Ament, who is leaving the SW@Home Board after having served this organization with dedication since its earliest days. Thank you, Allan!



The first "Kitchen Cabinet" meeting ...
L to R... Melissa, Stephen, Janice and Marcia

The Season Changes

I've had the privilege of being involved with South Whidbey at Home since its conception. It took a group of very dedicated community members, many planning sessions, much research, multiple interviews, myriad public meetings, and a mass of other tasks to get SW@Home started. On July 5, 2016, our doors finally opened and our wonderful volunteers began helping us all age in place and remain active in the community. I initially served as Board Vice-President and, in 2018, took over the President's role when founder Lynn Willeford's health required her to step down. Over the years, I have witnessed this organization become increasingly important to the fabric of our community and I am honored to have been part of its development.

First Ecclesiastes and later Pete Seeger observed, "To every thing there is a season." As I write this, Winter has dramatically become Spring, and my season as President of South Whidbey at Home has also come to an end.

My time serving SW@Home has been incredibly rewarding, in no small part as a result of the relationships I've developed with y'all -- our members, volunteers, staff and supporters. As we move toward the start of our fourth year of operation, I leave confident that SW@Home is thriving, and its Board of Directors is strong.

Thank you all for your support of and contributions to South Whidbey at Home and for giving me this opportunity to be of service to all of you, my friends and neighbors on South Whidbey.



Allan Ament

Introducing New Volunteers

Welcome! We are grateful to you all for your willingness to assist SW@Home members



Patti Toombs...
Willing driver and help with errands and organizing paperwork.



Eve Forward...
Zoologist, able to help with any animal situation and willing driver.



Cheryl Lawrence...
Social visits, check-in phone calls, errands and willing driver.



Gary Olson...
Social visits, household repairs (minor), light gardening.

Events- reports and future planning

Book Club Report

Janie and Judy met with Kate to talk about Whidbey Reads' *Midnight at the Bright Ideas Bookstore* by Matthew Sullivan. They talked about the book's themes of family dysfunction and abuse of women and children, as well as the book's complex story lines. They recalled events from their own pasts that related to these themes and they talked of karma. This book elicited a heartfelt discussion.



Judy Thomas (L) and Kate Poss (R)

Janie Pulsifer, a regular!

Note: Book Club is in need of a new convener. Kate Poss is moving on to pursue her writing interests. All it takes is coordinating with Freeland Library to reserve meeting room and then helping the group choose the books to discuss. This group meets the third Thursday of the month from 3:00 to 4:15 pm at Freeland Library. Please contact the SW@Home office (360-331-1971) and let a Call Manager know that you are interested.

Titles have been selected for the next few months as follows:

April 18 at 3 pm: *House at Poplar Wood*, by Katie Ormsbee

May 16 at 3 pm: *A Gentleman in Moscow* by Amor Towle

June 20 at 3 pm: *Beautiful Country Burn Again* by Ben Fountain

A Lunch and Learn discussion at Island Senior Resources



For four years, Janice O'Mahony and Susie Barnett have been leading small "purposeful conversations" on a variety of issues from politics to poetry. During this recent Lunch and Learn event at Island Senior Resources, they share some of their experiences with a group of seniors who listened intently and reflected on their own experiences.

We ask for your help to improve our event offerings

Many SW@Home members have told us they want social and educational opportunities as a part of their membership. They are often life long learners and want to put energy into social interaction. They want to combat the new cliché, "Loneliness is the new smoking."

SW@Home has tried to respond to these requests. We have a monthly lunch and a book club. Recently we've added collaboration with Island Senior Resources for presentations of interest every Tuesday. We've also had occasional special events, such as picnics and crafts classes. Attendance at these events has been sparse. On some occasions, no members have come.

It's clear to the Board the events we are offering are not drawing members. We need your help. We live in a community where there are already many wonderful choices of activities. What kinds of events can SW@Home offer that would bring you out?

If you have thoughts or suggestions to help guide us, please write to callmanager@swathome.org or call the office (360-331-1971). Your suggestions will be forwarded to the board members who are eager to hear your ideas on how to make SW@Home activities more appealing to you.

A gathering in the office on Valentine's Day



Cheryl Keefe- Board Member



L to R- Mary Solt, Call Manager., Pat Youngman Smith, Call Manager., and Bev Durocher, volunteer