



South Whidbey at Home
Staying Active, Connected and In Charge



Spring Newsletter- 2020

President's Report:

The COVID-19 pandemic brought significant changes to the operation of SW at Home. Governor Inslee's Stay Home, Stay Healthy order in mid-March prompted us to physically close the office while finding ways to function virtually so that we could continue to serve our members. Our new Program Coordinator began her employment that same week. (See intro on Alice in next segment). Business is conducted via ZOOM, phone and email. As we negotiate our way in this time of pandemic, a primary goal is to act responsibly so that we are doing our essential work while not spreading the virus.

Two months later, we are answering the phones and email regularly, providing services that can be done with no physical contact, such as grocery shopping and delivery, pickup and delivery of other essentials (P.O. Box, prescriptions, pet food, etc.), hauling recycling and more. We will resume more normal operations as soon as possible. Meanwhile, we are staying the course of wearing masks, physical distancing, hand washing and providing services to members as safely possible.

Wishing you all good health.

Marcia Wiley, Board President



New Program Coordinator Announcement:

We are pleased to introduce Alice Goodman as our new Program Coordinator! Alice's first day on the job was March 10 and by the end of that week WA state was under Stay Home, Stay Healthy orders. We closed the office but continued to operate via remote computer and phone check in. Alice jumped right in, and with her extensive technical skills, helped keep office functions running smoothly. We are so glad to have her on board! Here is a summary of Alice's professional and personal background...



Alice's first job at 13 was at the YWCA in Passaic, NJ, cleaning locker-room floors. She so loved swimming that she became a lifeguard, then a swimming instructor, a water safety instructor, and eventually taught canoeing and sailing at both Girl Scout and YWCA summer camps in New Jersey. After graduating with a teaching degree from Rutgers University, she decided to try her hand at computer programming – and that was a fit. She stepped from one company to the next over 38 years ending her IT career in the fall of 2019 as a specialized Microsoft exchange administrator managing email and messaging for large corporations in the Seattle area. Those jobs paid the bills and allowed her to focus on what she really loves.

For her heart and well-being, Alice volunteered for NOW and worked on LGBT rights. She attended an interpreter training program in New Jersey to learn American Sign Language and worked briefly as an interpreter. After moving to Seattle in the Fall of 1991, she worked as the interpreter referral coordinator for the Community Service Center for the Deaf and Hard of Hearing. She administered the Northwest Hellerwork School from 1993 to 1995, and then resumed her technology career. She was a founding member of the Seattle Women's Chorus and trained at the Snohomish County Dispute Resolution Center as a volunteer mediator. Alice currently maintains an email group for a local meditation community and loves hiking, camping, and exploring our National Parks with her wife of 28 years, Jane Martin. Alice dotes on her cat and two dogs, and she loves gardening, singing, playing guitar, and her new job as program coordinator at South Whidbey at Home. Alice looks forward to getting to know the volunteers and members who make our caring community possible.

Introducing new Board Members:



Terry Welch recently retired from teaching middle school science at Coupeville Middle School. Besides teaching here on the island for 23 years, she taught high school biology in Colombia, South America for a couple of years, environmental education at various learning centers and basic astronomy to school groups at the Lowell Observatory in Flagstaff, AZ. She currently stays busy helping with several civic groups on the south end of Whidbey Island and also teaches English to ESL kids online. Since 2001, she's enjoyed being a volunteer EMT & Fire fighter with South Whidbey Fire/EMS. Terry loves to ride her bike, walk and kayak in her spare time with friends and partner Neil Rixe. She aspires to ride her bike across America some day.

Judy Canfield is a life long Registered Nurse, who retired after 42 years from full time Director of Surgical Service, Cardiac Cath lab, and Endoscopy. Currently Judy is working one day a week at Providence in the infection control department. Life as a registered nurse offered many opportunities for practice such as Intensive Care, Perinatology- Labor and Delivery area, Emergency Room, and the last 20 years as a Director of Surgery at Providence. There has been nothing but joy and excitement in this career!

As a family- a sister, a brother and Judy, walked the Camino De Santiago 4 times over the past five years. The average walk was 400 plus miles as the family walked about Spain ending up in Santiago Spain and the most amazing, beautiful Santiago Cathedral.

2017 Judy attended EMT Academy and is a practicing volunteer EMT for South Whidbey Island Fire Department.

Gardening is a major part of summer life, and the 2020 Victory Garden is planted. You'll find her most days during the summer puttering about her garden.

Judy has enjoyed playing her Viola for 40 + years and is a member of the Mukilteo Community Orchestra under the direction of Trevor Lutzenhiser. She also enjoys playing Chamber Music with a small group (4) of musicians down in Seattle.

Recently, as a new board member of South Whidbey at Home, she has enjoyed meeting many members and sharing information for services during the Covid 19 pandemic.



Notes from the Office:

We are working closely with both Goosefoot and Island Senior Resources to make sure our most vulnerable seniors are receiving the services they need to stay healthy and independent. We are contacting all of our members to see if there is anything they need and have not been able to take care of. We are also interested to know if there is anything they are especially concerned about. Most people said that they do not need anything now but will call if / when they do. They appreciate all that we do as a helping hand in the community. Most were very grateful for our call and several mentioned what a comfort it is. "This is what community means"

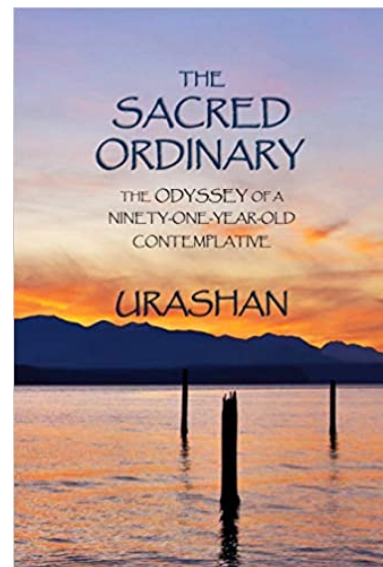
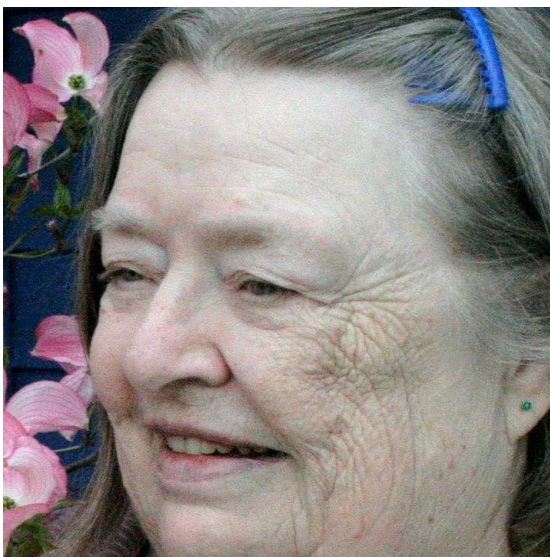
Additionally, in coordination with the Goose Grocer, we are providing grocery shopping and delivery to any community member who needs this help, regardless of age or South Whidbey at Home membership.

An author among us!

One of our dear members, Urashan has published her memoir.

Her book, the Sacred Ordinary is available at Moonraker Books in Langley and on Amazon:

https://www.amazon.com/SACRED-ORDINARY-ODYSSEY-NINETY-ONE-YEAR-OLD-CONTEMPLATIVE/dp/057854685X#immersive-view_1578787089433



Volunteers in Action:



Delivering groceries during COVID-19



Gardening help while social distancing



Properly masked volunteers hauling some bags of stuff to recycling



Iconic spring scenes in Langley



South Whidbey ay Home
PO Box 557, Langley, WA 98260
1635 Main Street, Freeland, WA 98249
360-331-1971