

Fall Newsletter

Staying Active, Connected and In Charge

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In September, long-time president Marcia Wiley, passed the baton to our new Co-Presidents – Judy Canfield and Terry Welch. We thank Marcia for all her work and dedication to SW@Home. She now has more time for her gardening, wood working, and house projects. **Her inspiration and legacy live on!**



Marcia Wiley

New Co-Presidents



Judy Canfield

Judy joined SW@Home in March 2019 and is a retired nurse who has worked in the nursing profession for about 50 years. She continues to work part-time as the Director of Surgery/Cardiac Cath Lab/Endoscopy at Providence Hospital. She joined South Whidbey Fire/EMS in 2017 and is an active EMT. Being a first responder “adds value to myself and to South Whidbey”. Judy is also a volunteer with SW@Home, plays viola with the Mukilteo Orchestra and is an avid walker. She and her brother & sister have hiked the Camino de Santiago trail in Spain 4 times covering 400+ miles over the years. As Board Co-President, “I am very excited and delighted to be with SW@Home and to continue the processes of this village organization. In the past six months, I have had the opportunity to learn and experience the power of this organization. My goal is to meet and greet each of you in this next year”.



Terry Welch

Terry joined the SW@Home Board in October of 2019. She is a retired science teacher from Coupeville Middle School and continues to teach ELS English online to Chinese students part time, and CPR classes locally. She started her teaching career as a Biology teacher in Barranquilla, Colombia and did her student teaching at a DODDS school in Germany. “Travel and learning about other cultures is one of my passions”. Favorite adventure: Hiking up a snow field in Antarctica. Terry is also a volunteer EMT at SW Fire/EMS. She enjoys volunteering with the local chapters of Soroptimists and AAUW – both nonprofits that benefit women and kids. “It’s been really nice to put my efforts into helping my neighbors and community. Seeing so many people volunteer is one of the great things I love about Whidbey Island”. Terry and her partner, Neil, enjoy cycling, paddling their kayaks, walking and look forward to traveling again when COVID ends.

Co-President’s Corner

We are excited to support SW@Home’s mission of connecting volunteers with members by helping them remain at home, be independent and active. Recently, we placed an Op Ed in the October 7, 2020 Whidbey Weekly. Titled "Why we choose to become involved with South Whidbey at Home" the article highlights the values and principles of South Whidbey at Home. We have included it below. Our goal is to begin a conversation with everyone highlighting the attributes of community support enabling members to remain safe, active, and comfortable in their own homes. This source of information and education will assist us all in the continued growth and development of South Whidbey at Home.

Op-Ed Published in the Whidbey Weekly, Oct. 7, 2020

Why we choose to become involved with South Whidbey at Home

As we age, we find new challenges in living independently, such as driving to appointments, grocery shopping, or changing batteries on smoke detectors.

According to the National Institute of Aging, nearly 90% of Seniors want to remain active, vital, and in control of their own decision making. Staying in their own homes as they age and living by their own schedules are very important.

Four years ago, on July 5, 2016, volunteers on Whidbey Island started **South Whidbey at Home** to help seniors with these challenges. This brought together a community of caring and

action surrounding Seniors, caring for each other. South Whidbey at Home is a membership-based nonprofit dedicated to helping older (55+) South Whidbey residents remain in their homes and active in the community by providing access to a variety of professional services, volunteer assistance, and social activities. We follow the principles of the Village to Village <https://www.vtvnetwork.org/> concept.

Volunteers are the bedrock of this loving, caring organization, as they perform minor home repairs, emergency pet care, a ride to church, meditation circle, or health professional appointment, help in the garden, assistance with new technology, a neighborly visit, or a daily phone check in. Currently, during the Covid-19 pandemic, our mission does not allow in house visits or car rides, but otherwise we are there for our Senior community. Volunteers can be people of any age who don't mind helping an older neighbor. They are generous people who are happy to share their time and skills.

South Whidbey at Home's primary focus is to support those aging in our community to live healthy and rich lives—and our secondary one—to build stronger intergenerational ties on South Whidbey. We believe the second half of life can be as rich and rewarding as the first half, and that older people have a need and desire to stay active and engaged.

We collaborate and partner with other organizations by taking advantage of social and educational opportunities and filling the gaps not met. We strive to do the best we can with an attitude of compassion, respect, dignity, and acceptance.

Now more than ever many people, especially Seniors feel isolated and alone. Connecting with our members and supporting them through this period of time is essential.

Are you one of these special people who wants to make a difference in our community? To become a South Whidbey at Home member or volunteer, please contact at South Whidbey at Home call 360-331-1971 or <http://swathome.org>.

We Welcome You!

Co-Presidents Judith Canfield and Terry Welch

MEET OUR NEW BOARD MEMBER



Barbara Bennett joined us in July and is passionate about the environment, stewardship, volunteer work, and helping in her community. She moved to the island in 2010 and was the WSU Island County Beach Watcher Coordinator (now Sound Water Stewards). She currently volunteers with Trinity Lutheran Church, Island Country Marine Resources Committee, Civility First, and NOAA. She also has a big heart for kids and loves environmental education.

Welcome Barbara!

Events & Projects



In August, we participated in the Farm to Family **Food Box** Distribution project which was coordinated by Catholic Community Services and the Pacific Coast Fruit Company. 1500 food boxes (25 lb. of food in each) were given out to Whidbey Islanders during the week. We were able to deliver over 75 boxes of fresh fruit, vegetables, dairy and meat to our SW@Home members. Thank you to **ALL** the volunteers who helped! We hope to participate in this program again next summer.

VOLUNTEER/MEMBER VIDEO CLIPS COMING SOON!

Many thanks to the volunteers and members who allowed us to interview & video tape them recently. Chris Douthitt, retired Oak Harbor High School film teacher, is helping us produce our first SW@Home 4-5-minute video clips which will tell the story about who we are and how we help our community. We will post the videos on our website soon.



Chris Douthitt



Urashran, Judy C., Chris D. & Kate Poss

Local Events

Thanksgiving this year may look a little different. The focus is on how to celebrate Thanksgiving remotely. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

There are 2 local options for free or low-cost Thanksgiving Turkey Dinners

1. <https://www.mobileturkeyunit.com/> Mobile Turkey Unit **360-321-9782** to reserve a meal
2. Island Senior Resources is offering take out holiday meals **Wed. Nov. 18 from 11:30 am - 12:30 pm at ISR in Bayview**. Donations are requested but no one will be turned away if unable to donate. First come, first serve.

Want to know more about the North American river otters on Whidbey Island? A free program given by Dr. Heide Island, at **6 pm Friday Nov. 20th** via Zoom, is hosted by the Whidbey Camano Land Trust and is open to the public. Please RSVP at www.wclt.org/rsvp.

In Memoriam - Gudrun Johnston was a member of SW@Home for several years. She enjoyed attending the sessions with the Fun Band on Fridays at the Senior Center. Several of our volunteers would pick her up there and give her a ride home. Her obituary reveals that she was courageous and daring as a young woman during WWII.

<https://www.southwhidbeyrecord.com/obituaries/gudrun-johnston-april-23-1926-aug-11-2020/>

Want a poem, short story or historic news item read to you? Try Seattle Public Library's Lit Line. If you dial the **SPL Lit Line at 206-386-4656**, any time, you can select to hear a poem or short story (in English or Spanish) or a historic Seattle news item, read by an SPL Staffer.

In past years, the Seattle Arts and Lectures series has been held live, with evening lectures, making it difficult for Whidbey Islanders to attend. This year, the lectures are being broadcast online, so it is much easier to participate. Payment is via a sliding scale to make the lectures as accessible as possible. Find more information at <https://lectures.org/events/>

Reminder: Books and media can be ordered through the Sno-Isle Library at <https://www.sno-isle.org/> and our volunteers can pick up the materials and deliver to your home.

Never quite get to see those White Pelicans at Deer Lagoon? Take a visit via <https://thisiswhidbey.com/2020/09/23/white-pelicans-on-whidbey/>

NEW Rental Assistance Program (Now through December 11, 2020)

➤ **Apply On-line at:**

<https://www.cognitofrms.com/IslandCounty1/islandcountyemergencyrentalassistanceprogram>

➤ **Apply by Phone** – Call Housing Support Center at 360-678-8284

➤ **Apply with assistance from Mission Ministries** - Pastor Fannie Dean 360-720-3202

Services We Offer

Reminder – Even though we are living through COVID times, and only providing “socially distanced” services, our volunteers are still here to help you! **Do you need:**

- Your garden cleaned out?
- Recycling or trash taken away?
- A minor repair done?
- Someone to help organize your garage?
- Help learning to use **Zoom or FaceTime?**
- Someone to chat with?
- Light yard work?
- A walking buddy (from a distance)?
- Groceries or prescriptions picked up?
- A dog walker?

Call 360-331-1971 with your requests!

We hope to resume providing rides in 2021

Member & Volunteer Spotlight

Drive By / Fly Over Celebration

by June Farrington, Member SW@Home

A new day dawned over the glorious tapestry of a beautiful island shrouded in endless evergreen forest, flowers, and vegetation.

The sun slowly rose in all its glory displaying a clear blue sky with the promise of a warm and pleasant day. The smell of new mown grass filled the air with its fragrance.



Guest helping celebrate along with balloons and flowers

How could we ask for a better time to celebrate on June 3, my birthday, honoring 85 years spent on planet earth! What joy swept over us as we watched, waved, and visited each other in a new era of drive by-fly over celebrations!



Fred Lundahl and his airplane

A great big thank you and appreciation goes out to all who participated in creating for me a cherished memory to last a lifetime. Friends traveled long distances bringing flowers and balloons, homemade cake, and a cup of Dairy Queen treat, decorating their cars with warm wishes.

The “icing-on- the-cake” came in the form of friend and SW@Home volunteer Fred Lundahl flying over in his plane and waving wildly as he sent down his greetings. Music filled the air with ‘Happy Birthday’ clear across the town led by our song leader.

What a loving memory to relive forever! THANK YOU.

Although I realize we are going through rough times right now of sorrow, grief, fear, and anguish, we will emerge a stronger, more caring generation.

As we move into a new normal with new ideas, new survival technics, new ways to live, learn and cope, we need to take with us a new assurance that we will survive and make for ourselves and our country a better place to live.

Meet Urashan and Kate Poss

Photographs by David Welton & Chris Douthitt

A couple of summers ago, Kate Poss received a service request from SW@Home to “chat” with one of our members. She met Urashan at her Maxwellton home and the two soon realized they had a lot in common. Their friendship was born, and Kate has been visiting her friend most every week since. Both Kate and Urashan are writers. Kate writes a weekly blog called *This is Whidbey*. Her story about Urashan can be read here:



<https://thisiswhidbey.com/2020/09/03/afternoons-with-urashan>

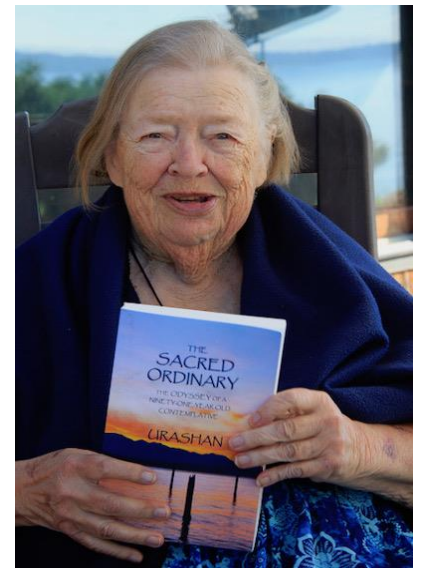
Urashan and Kate

Urashan didn’t get into writing until she was 90 years old! Her kids encouraged her to write a book about her life, which *she did*. *The Sacred Ordinary: The Odyssey of a Ninety-one-year-old Contemplative*. Urashan describes her book in part as: “...a story-poem, using stories the way poets use words. It is about the way of the sacred ordinary. It is about how I loved. It is about how I love. Skip what you will. Don’t agree with me. Go look for yourself. Live your own sacred ordinary. Remember. Remember who you are.” (Kate’s blog).

Judy Canfield, Chris (videographer) and Terry Welch spent an afternoon with these two lovely ladies on Urashan’s deck. They were enchanted with her story and her perspective on life and death. Both Kate and Urashan have had rich lives and continue to touch people around them with love, interest, passion, and words.



Kate and Urashan



Urashan

Kate's Thanksgiving Recipe Favorite

Maple-Roasted Sweet Potatoes

<https://www.eatingwell.com/recipe/252258/maple-roasted-sweet-potatoes/>

One of Kate's recommended recipes is not just healthy, but easy and tasty. We found this recipe online which is an adaptation of Kate's own dish.



Ingredients	Directions
<p>2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)</p> <p>1/3 cup pure maple syrup</p> <p>2 tablespoons butter, melted</p> <p>1 tablespoon lemon juice</p> <p>1/2 teaspoon salt</p> <p>1 Freshly ground pepper, to taste</p>	<p>Step 1: Preheat oven to 400 degrees F.</p> <p>Step 2: Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.</p> <p>Step 3: Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.</p> <p>Tips</p> <p>Make Ahead Tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.</p> <p>Serving Size: About 1/2 Cup</p>

For further updates see www.swathome.org

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