

# Winter Newsletter

Staying Active, Connected and In Charge

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## Presidents Corner

### Happy New Year!!!

We are very happy to ring in the New Year! COVID has slowed the pace of our lives, but we are optimistic that the vaccine will help us return to normal socializing soon. We look forward to resuming rides for members and in-home visits as soon as it's safe to do so. Both of us are first responders with South Whidbey Fire/EMS and have already received our COVID vaccinations at Whidbey Health Hospital. Signing up was easy online and the staff/volunteers were friendly and organized. The only side effect was a sore arm for a day! Kate Poss, SW@Home volunteer, wrote an informative blog on how the vaccine is administered in Island County, plus much more, including ingredients in the COVID-19 vaccine. Please read Kate's blog at: <https://thisiswhidbey.com/2020/12/30/first-shot-covid-19-vaccines-in-island-county>



**Vaccination Providers** - As of 01/24, there are 2 vaccine providers for Island County.

- 1. Whidbey Health** Whidbey Health is beginning to vaccinate the community in Phase 1 Tier B1, while continuing to provide first and second doses to the Phase 1 Tier A1 and A2 populations in Island County. To check your vaccine eligibility and schedule vaccine appointments, please use DOH's [www.FindYourPhaseWA.org](http://www.FindYourPhaseWA.org) online application. Do not call Whidbey Health's COVID-19 testing hotline, the Medical Center, or our Primary Care/Specialty clinics to request information or attempt to register for a vaccination.
- 2. Island Drug** Appointments are needed at Island Drug. See details and book online at: <http://www.islanddrug.com/pages/covidvaccine>. You can also check appointments: <https://islanddrug.wpcomstaging.com/covid-vaccine-appointment-search/>

### Phase Finder

If you want to know what phase you are in, find your spot in line with Phase Finder.

1. Go to [www.FindYourPhaseWA.org](http://www.FindYourPhaseWA.org) and fill out the questionnaire.
2. If you are eligible, you will get a confirmation.
3. Phase Finder will show you locations where you can get the vaccine.
4. Call and schedule your appointment.
5. Take your Eligibility Confirmation (printed or a screenshot) with you.
6. If you aren't eligible yet, you'll be able to sign up to get an alert when you are.

### Keep up-to-date on current phases at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/VaccinationPhasesInfographic-1-18-21.pdf>

Please call and ask the Call Mangers for assistance if you need help in filling out the paperwork for getting the vaccine.

We wish you all a safe and healthy New Year!!!

Terry Welch and Judy Canfield



## MEET OUR NEW BOARD MEMBERS

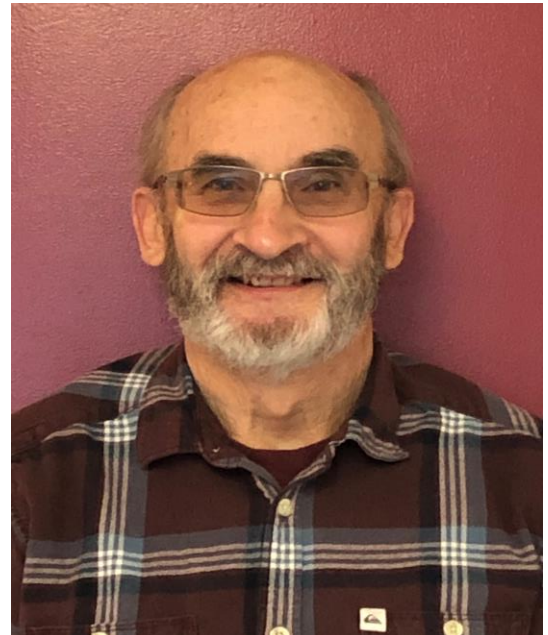


**John Monroe** is a native Washingtonian and graduate of University of Washington School of Dentistry. He had “an amazing career as a dentist” for many years and then he and his wife retired to Whidbey Island about six years ago. He started a new career as a real estate agent with John L. Scott and was very happy to find us at SW@Home, which seemed like a perfect fit for what he likes to do. “I am looking forward to being able to help care for those in need on the island any way I can. I hope to be an integral part in what your program can do for the community.”

**Welcome John!**

**Ross Godwin** has lived on Whidbey since 1984, met his wife a year later and started a family on the south-end. They have three children. Ross spent his career doing home repairs and maintenance in Oak Harbor and now is semi-retired. He continues to help people out while semi-retired. Volunteering isn’t new to Ross. He has worked on several boards – a past Homeowners Association, Children Center in Langley & Hearts and Hammers. You may already know Ross. “I started volunteering with SW@Home in 2016 when it first started...I enjoy helping others by doing home repairs and maintenance so people can feel comfortable and safe in their homes”.

**Welcome Ross!**



## What's New? Member Dues

SW@ Home halted dues collection in March 2020 when the pandemic hit. We have been operating carefully using our savings along with benefitting from some generous donations to cover basic expenses. Dues will start again on your SW@Home anniversary date. We will resume collection of dues in March 2021 for those who have dues scheduled for March. For example, if you have a July anniversary date for joining SW@Home, your \$240 dues will be billed for July 2021.

Thank you for your patience as we modified our support to keep you safe and healthy during the pandemic while meeting our financial obligations as an organization. Please call or email us if you have questions!

*SW@Home drivers who have been vaccinated will begin transporting members again starting in March on a limited basis following current pandemic guidelines and state polices.*

## Upcoming Local Events of Interest

You ZOOM! I ZOOM! We ALL ZOOM! Here are two classes taught by the extraordinary Sami Postma from Goosefoot guaranteed to make you an amazing ZOOMer.

Zoom 101 <https://www.youtube.com/watch?v=MliUYfpdLv4>

Zoom 201 <https://www.youtube.com/watch?v=v022E0FZ8TM>

### 2021 OREGON TRUFFLE FESTIVAL

If you have always wanted to attend the Oregon Truffle Festival, but never seemed to get there, here is your chance. Because of the pandemic, the Festival has decided to “bring the festival to you!” Go to <https://oregontrufflefestival.org/> to learn more.

Contact **Island Senior Resource’s Mel Watson** at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) or **360-321-1600** to receive information about attending any of the current **ISR Support Group meetings** from home using Zoom. <https://www.senior-resources.org/calendar/>

- Time Together @ Home with Zoom Support Group -- Every Monday 11 am – 12:30 pm
- Parkinson’s Support Group--Every Tuesday 10 – 11:30 am
- Alzheimer’s and Dementia Caregivers Support Group -- Every Wed.10 – 11:30 am
- Parkinsonics and Friends Singing Group -- For those with Parkinson’s, their caregivers and anyone who loves to have a good old sing a long. Every Thurs. 2:30 – 3:30 pm
- Join the Connection Café -- Monday, Wednesday & Friday, 3 – 4 pm

Sarah Bergquist , **Waste Wise Program Coordinator**, wants to remind people that there is a campaign until the **end of January** to collect **electrical, computer, phone wire, extension cords, old strings of Christmas tree lights**, etc. Drop them off at Island County solid waste collection sites/ You can take these exact same cords to Island Recycle in Freeland year around.

**Sno-Isle Libraries has many online programs. Check them all out!**

<https://sno-isle.bibliocommons.com/events/search/index>

**Here is an upcoming one... Monday Morning Online Book Group**

**January 25, 2021 10:00 AM – 11:30 AM** Join us on the third or fourth Monday of each month for book discussions.

Sound Waters University, brought to you by Sound Water Stewards of Island County, will be virtual on Saturday, Feb. 6th @8:30 AM. Register today at [www.soundwatersuniversity.org](http://www.soundwatersuniversity.org)

Waiting for the ferry at the beautiful brand-new ferry terminal? Missing Ivars? Fear not, order and pick up from: <https://order.online/store/IvarsSeafoodBarMukilteo-174465/en-US/?hideModal=true&pickup=true> . Just ask and they may be able to deliver to you in line!

Now Available – Order online and curbside pickup at **Ken’s Corner Red Apple**.

[https://www.kenskorneredapple.com/?fbclid=IwAR2FGNhZZmkfrNu7ID1qQITySYbq-iky\\_GY61Pj\\_WtQf-FEBQzBcXk-qWTE](https://www.kenskorneredapple.com/?fbclid=IwAR2FGNhZZmkfrNu7ID1qQITySYbq-iky_GY61Pj_WtQf-FEBQzBcXk-qWTE)

## Services We Offer – Need Some Help?

Reminder – Even though we are living through COVID times, and only providing “socially distanced” services until March when full services hopefully resume, 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 <b>Zoom or FaceTime</b> ?	• Someone to chat with?
• Light yard work?	• A masked walking or exercise buddy
• Groceries or prescriptions picked up?	• A dog walker?

**Call 360-331-1971 with your requests!**

## Member Spotlights

### Meet Rachel & Don Olson

*This is a true love story!* Rachel and Don first romanced in the 1960's, got married and purchased a rustic cabin (circa 1957) down at Possession Point in 1972. Yes, rustic it was! No heat and limited electricity, but it was theirs. For the next years, they would bring their family to the cabin as much as possible to get away from the rat race of the Seattle area. They raised three kids who went to school in Shoreline. But the real fun began once they ferried over to Whidbey to their cabin in the woods. Even though cabin life was fairly primitive at the beginning, they loved it here. "We left the naughty stuff on the mainland and did whatever we wanted over here", Rachel added, like exploring the tide pools, clamming, fishing, and crabbing around the southend.



Rachel and Don made sure the kids learned to swim. They all had to swim across Deer Lake at the beginning of each summer. They rode motorcycles, hiked, and enjoyed some of the state parks. "Life was more laid back in those days. There was only one stop light when they first arrived at Ken's Corner." Over the years, family members helped Don and Rachel add to their cabin and eventually they built a new house. Don retired in 1996 and they settled over here permanently. Today their three kids visit often and bring their kids. There are seven grandkids that visit as much as possible and are able to enjoy the rural splendor of their homestead. "It's a melting pot of three generations", Rachel said.

Don and Rachel joined SW@Home almost four years ago. They have enjoyed meeting our volunteers and getting a little help when they need it. Volunteer Polly Prim used to come visit with Don while Rachel went to church on Sundays before COVID times. Polly has become a great friend to this family. Having SW@Home in their lives has given them a little peace of mind while maintaining their independence.



### SW@Home enters the Video Age Honoring Urashan

Urashan is a dear member of SW@Home and good friends with Kate Poss who is a caring and dedicated volunteer with us. Learn more about these two women and SW@Home in this video. Thanks to Chris Douthitt, video creator! <https://vimeo.com/499789573>

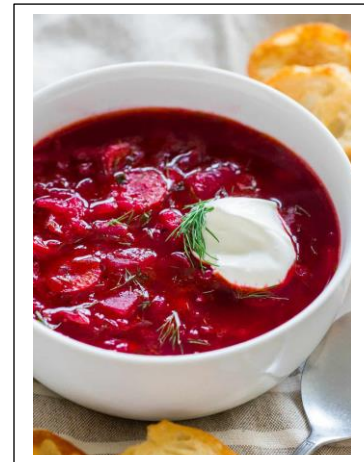
## Recipe Favorite

For you BEET lovers, here's a great winter stew! Thanks to Elizabeth & Steve Guss for your suggestion.

### **MAGNIFICENT WINTER BORSCHT**

(Makes 4 - 6 servings)

**2 lbs. lean beef stew meat (cubed)**  
**10 c. water or beef stock 1 T. salt**  
**2 c. shredded raw beets (okay to use canned but not pickled)**  
**1 c. carrots, grated**  
**1 c. turnips, grated**  
**4 T. vinegar 1/2 tsp. sugar**  
**3 T. butter**  
**3-4 c. cabbage, shredded**  
**2 bay leaves,**  
**whole ground black pepper**  
**sour cream**



- Place beef cubes in a large soup pot with the water/ broth and salt.
- Simmer until beef is tender (1.5 - 2 hours).
- While meat is cooking, simmer vegetables, tomato paste, vinegar, sugar and butter in another large pot for about 15 minutes. (Watch this carefully so that the veggies do not burn.)
- Add cabbage to the veggies, mix and cook another 10 minutes.
- Put all of the veggies, bay leaves and a bit of the black pepper into the beef and broth in the large soup pot.
- Cook until the veggies are tender and add more salt and pepper as needed.
- Serve in deep bowls with great dollops of sour cream and hearty rye bread on the side.
- **Note:** The borscht is best made the day before and the sour cream is a must! This soup can be frozen.

Divine Recipes from St. Hubert, a collection, printed first in 2008.

## A Smile and a Meal Program

SW@Home is collaborating with St. Hubert's Catholic Church in Langley again on another wonderful community project - *Smile & A Meal*. Last October, the church ministry expanded their services to provide a hot meal to their parishioners on **Friday afternoons**. Christine Schoeler and her team including Dominic Place, prepares these tasty meals in St. Anthony's Soup Kitchen at the church. Kathy Childs helps package them up, and volunteers including Knights of Columbus Council members and friends deliver these meals to people who have pre-ordered.

They have invited SW@Home to ask our members if they would like to order Friday meals! **Who wouldn't want to get a home cooked meal delivered to your home by one of our volunteers?** Meals are healthy and made from scratch. Christine can also accommodate orders for people with food sensitivities. Suggested donations of \$10 (more if you can/less if you can't) are gratefully accepted, but not required.

Email [callmanager@swathome.org](mailto:callmanager@swathome.org) or call our office at 360-331-1971 by **Wednesday at 3 pm** of each week to request this meal service and give your meal preference (Entree #1 or Entrée #2). **The monthly menu will be posted on both** <https://sthubertchurch.org/index.php/st-anthony-soup-lunch/> **AND** [www.facebook.com/SouthWhidbeyAtHome](http://www.facebook.com/SouthWhidbeyAtHome). See **Jan/Feb menus** below.



Christine Schoeler working her magic!



# A SMILE AND A MEAL MENU

## To Order Your Smile and a Meal:

1. **Call** the SW@Home office at 360-331-1971 or **Email** [callmanager@swathome.org](mailto:callmanager@swathome.org) **by Wednesday at 3 pm each week** and request this meal service.
2. In your request, tell us your dinner choice, (Entrée #1 or Entrée #2) AND how many of each. “Some” food allergies can be accommodated by the chefs. Please ask if this is a concern.

The monthly menu will be posted on both:

- **SW@Home's Facebook page:** [www.facebook.com/SouthWhidbeyAtHome](http://www.facebook.com/SouthWhidbeyAtHome)
- **St. Hubert's Catholic Church's website:** <https://sthubertchurch.org/index.php/st-anthony-soup-lunch>

3. A SW@Home volunteer will **deliver** your meal to you early **Friday afternoon**.
4. If you're able to give a **donation** for your meal (suggested amount - \$10), your SW@Home volunteer will collect it and return the money to St. Hubert's Church.

See the **January menu** below.

<b>Date</b>	<b>Entree #1</b>	<b>Entree #2</b>
<b>January 1</b>	Italian Meatballs / Twice-Baked Potato (sour cream, butter, & cheese)	Fish Fillet / Twice-Baked Potato (sour cream, butter, & cheese)
<b>January 8</b>	Chicken Parmesan with Pasta and Vegetable	Eggplant Parmigiana
<b>January 15</b>	Meat Lasagna	Veggie Lasagna
<b>January 22</b>	Chicken Cordon Bleu	Stuffed Portobello Mushroom
<b>January 29</b>	Pulled Pork with German-Style Potato Salad	Veggie Casserole

See the **February menu** below.

<b>Date</b>	<b>Entree #1</b>	<b>Entree #2</b>
<b>February 5</b>	Brown Butter Sage Chicken	Squash Lasagna
<b>February 12</b>	Corned Beef and Cabbage	Broccoli Cauliflower Au Gratin
<b>February 19</b>	Baked Mac and Cheese	Baked Whitefish
<b>February 26</b>	Yam and Black Bean Enchilada	Stuffed Portobello Mushroom

## AmazonSmile

If you shop on Amazon, you can support SW@Home by using AmazonSmile. AmazonSmile donates 0.5% of your purchase to a charitable organization of your choosing, at no extra cost to you. **Support SW@Home by signing up for free on Amazon Smile today!**

To support South Whidbey at Home, make sure to start at [smile.amazon.com](https://smile.amazon.com) (instead of [www.amazon.com](https://www.amazon.com)) to have your purchases count. There are no extra steps you need to take when you check out. SW@Home will receive 0.5% of your purchase price at no extra cost to you. Contact us if you need help navigating the sign up. It's easy!

## Update: St. Hubert's Catholic Church

In our last issue, we neglected to acknowledge St. Hubert's Catholic Church and all the staff/volunteers, including Susan Walker, who helped make the Food Box distribution a success. They were the driving force getting this project to Whidbey Island! We appreciate all their efforts and were very happy to have SW@Home members included in their distribution.

## Member Needs

We have a member with an older MacBook Pro and the trackpad isn't working. She relies on the trackpad. If you have a gently used MacBook Air or Pro that you are not using OR know how to resolve a trackpad issue, please contact Alice at [info@swathome.org](mailto:info@swathome.org).

## Newsletter and Call Manager Assistance Needed

Do you have a friend or two who might also like to volunteer with SW@Home? We'd love to have a few more Call Managers to help coordinate requests with volunteers. This is currently carried out from the comfort of your own home. SW@Home is also looking for help with editing and creating this quarterly Newsletter. If you have experience and interest, please contact Alice at [info@swathome.org](mailto:info@swathome.org).

For further updates see [www.swathome.org](http://www.swathome.org)

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