

Vibrant SENIOR OPTIONS

RESOURCE GUIDE - Health, Housing, and Happenings

Spring / Summer 2020

New Option to Subscribe!
See Center Page



Resisting Viruses With Your Immune System, Jim Ehenke | Page 30
Reasons Why Strength Training Is Important, Anthony Hamilton | Page 6
A Week With Roy Rogers, Jerry Stewart | Page 22
Hospital Health Articles: PeaceHealth, Skagit Regional Health, and
WhidbeyHealth | See Table of Contents - Page 3

Social & Care Calendar | Glossary of Terms | Active Lifestyles
Health & Wellness | Home Support | Senior Housing

Whatcom, Skagit, Island, San Juan, N. Snohomish



Vibrant SENIOR OPTIONS

RESOURCE GUIDE - Health, Housing, and Happenings

Fall - Winter
2020 - 2021

New Option to Subscribe!
See Center Page



Physical Fitness and Your Brain, Anthony Hamilton | Page 6
Make Everyday Meals a Special Occasion, Leigha Staffenhagen | Page 9
Senior Get-Away Surprise, Linda Jinkens | Page 30
In Honor of Veterans - Lest We Forget, Jerry Stewart | Page 38
Hospital Health Articles: See Table of Contents | Page 5

Social & Care Calendar | Glossary of Terms | Active Lifestyles
Health & Wellness | Home Support | Senior Housing

Whatcom, Skagit, Island, San Juan, N. Snohomish



Vibrant SENIOR OPTIONS

RESOURCE GUIDE - Health, Housing, and Happenings

Spring - Summer 2021

New Option to Subscribe!
See Center - Page 26



Return to Travel - Inspiration Awaits! Laurie Robinson | Page 6
Eyelid Surgery: A Brighter View! Ingrid A. Carlson | Page 18
Safety is No Accident, Susie Landsem | Page 32
Lookin' at Life: It's All in How You See It! Vicki McCarty | Page 43
Hospital Health Articles: See Table of Contents | Page 3

Social & Care Calendar | Glossary of Terms | Active Lifestyles
Health & Wellness | Home Support | Senior Housing

Whatcom, Skagit, Island, San Juan, N. Snohomish



Vibrant SENIOR OPTIONS

RESOURCE GUIDE - Health, Housing, and Happenings

Fall - Winter, 2021 - 2022



How Exercise is Key to Overall Wellness, Anthony Hamilton | Page 7
Bringing Joy Back, Ellen Liu Kellor | Page 32
Peace of Mind with Project Lifesaver, Dan Gray | Page 45
Hospital Health Articles: See Table of Contents | Page 5

Learn how to Subscribe!
See Center - Page 26

Glossary of Terms | Active Lifestyles
Health & Wellness | Home Support | Senior Housing

Whatcom, Skagit, Island, San Juan, N. Snohomish

