

Island Senior Resources

Island Senior Resources is the trade name of Senior Services of Island County

The Phoenix — Community Rises Again

On July 23, fire destroyed part of Senior Thrift. Originally, we were told our store would not re-open for nine months. With dedication by a large team to accelerate the process, we re-opened four months and one day after the fire, on “Black Friday.” The “who and why” behind getting there is the heart of the story.

Our revival is thanks to the support of this community and the power of people, working together to respond to need. The day after the fire, our dedicated volunteers were at the door, asking what they could do to help. A few weeks later, when we could open our doors to receive donated goods, we filled to capacity in just five weeks. Our staff and volunteers worked countless hours processing all the donations in preparation for our re-opening.

From the firefighters of South Whidbey Fire and Rescue, who saved the building from being a total loss, to the collaboration between Whidbey Island/Heritage Bank and our insurance company, to contractors who worked miracles to swiftly complete reconstruction, something remarkable happened... Island Senior Resources, an organization that exists to help others when they need us, needed help, and all of you were there for all of us.

On Black Friday, a large crowd of people was lined up outside, awaiting the opening of the doors. Everyone cheered and “high-fived” as they streamed inside. In a true show of the spirit of community collaboration and support, the Good Cheer thrift stores gave a 10% discount to their customers if they showed a receipt from purchases at Senior Thrift. To all



Senior Thrift Reconstruction



Senior Thrift Recovery Team



Senior Thrift Grand Re-opening

Look Around: Seek Joy, Hope, and Inspiration

On rainy days, literally or figuratively, it can be hard to remain connected to our sources of joy, hope, and inspiration. With the greater world feeling a bit chaotic and challenging, staying in touch with what each of us treasures about what it means to be human, what it means to be alive, and what it means to live in Island County is so important to our well-being.

I've noticed over the last couple of years that I have to work a little harder at staying connected to these qualities as my body tells me I'm not quite as limber and able to do the number, and type, of things I used to do, or as I engage with yet another relative, acquaintance, or friend that is battling serious illness or has departed this earth, perhaps prematurely. Because these realities seem to be at our doorstep more often, it becomes even more important to make sure we take care of our body and nourish our heart and soul.

Take a few moments to list the ten things that give you the most joy. Then take a few minutes more and jot down what gives you hope and inspiration. As you look at the lists that you created, ask yourself, how many are happening on a regular basis in your daily life? Would you like them

to happen more often? If they aren't happening, what will help you bring them into your routine?

My mantra is to opt for the simple things that give me joy like taking the time to enjoy the first flowers of spring gracing the shrubs around my house, or hearing the geese that take over the pond near my home at this time of year. Poetry, art, a play, a movie, lunch or dinner with a friend or relative often brings about a combination of joy, hope, and inspiration. And, I know I need to take the initiative and not wait for someone to ask me, or for the occasion to just arise.

As we enter spring and summer on Whidbey or Camano Islands, I hope that we each take the time to nourish ourselves. And possibly through nourishing ourselves we've nourished someone else that we touch along the way.



— Cheryn Weiser, Executive Director

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Senior Thrift staff impressions from the fire:

"My heart sank the moment the Fire Chief told me the store was full of smoke!"

"After the fire, our staff gathered to clean beautiful buttons for a little girl who had lost her button collection in her house fire. It was very special to see everyone caring so much to pick out the very best buttons for her."

"The community came to support us; they held donations until we could receive them, and they brought our work crew treats."

"Opening Day! We made it! The moment the doors opened, and the sea of people flowed in... The support of our community is amazing."

who helped, donated, shopped, and shared the word of our re-opening, our gratitude is boundless. Senior Thrift is vital to Island Senior Resources' support for seniors and adults with disabilities, their families, and caregivers. When you helped us, you helped our entire community.

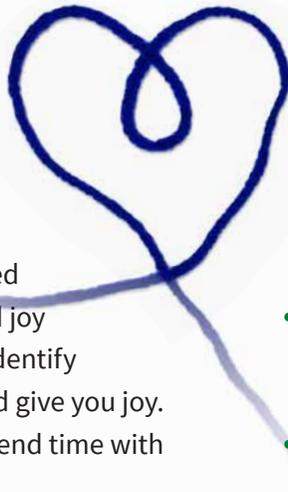
We faced an unexpected challenge that could have lost us more than our store. It didn't, because no one was willing to let that happen. Our community's attitude, commitment to resilience, and spirit of helping others is why we are all here. You make the difference. Senior Thrift has re-emerged, bigger and better than ever, thanks to you.

— Robin Bush, Outreach Manager

Uncharted Times

On some level, each of us has a fear of what the future might bring and how we will manage the changes ahead. Each individual's path is unique; no one can tell you how to be prepared for the changes that aging brings, but there are a few guides you can follow to ease your journey.

- Central to success in navigating this time in your life is *attitude* — both accepting and letting go of what *was*. Our attitudes toward aging affect our health and our resilience in the face of adversity. We often think of ourselves as still in our 30's (in our heads) but feel caught in older bodies. Understanding the divide between our mental image and our physical state is harder than most of us imagine it will be, and it continues to increase as we age. How we manage it depends on our attitude.
- Challenging changes and the stress that accompanies them can be eased if you look for places where you find joy and peace as our journey unfolds. Identify things that are important to you and give you joy. Even small things are important: spend time with



"There's a thread you follow. It goes among things that change. But it doesn't change. People wonder about what you are pursuing. You have to explain about the thread. But it is hard for others to see. While you hold it you can't get lost. Tragedies happen; people get hurt or die; and you suffer and get old. Nothing you do can stop time's unfolding. You don't ever let go of the thread."

— William Stafford, from *The Way It Is*
Graywolf Press, 1999

"Sometimes our ability to accept what we can't change is tied to our willingness to change what we can."

— Bill Crawford"

a pet, have a cup of tea while watching the morning light change, observe a flower bud unfolding on your table, bake a pie and take it to a friend. Breathe deeply.

- Build your support network; know who's there to help if, and when, you need them: family, friends, Island Senior Resources, or your church.
- Prepare for the things you can predict. Consider what you would do if something unexpected happens that fundamentally changes the architecture of your plan. Understand that you may need to face an alphabet soup of plans B, C, or D. For most of us there will be a time of learning to accept that the plans we made are not to be, a time of letting go of the assumptions we had about our lives.
- Decide who you trust to make decisions, if you are unable to, regarding your health, finances, home, car, etc.
- Plan for your physical and financial safety. Consider what modifications to your home might be necessary. Make a note of your accounts, usernames, and passwords; store them in a secure spot like a safe deposit box. Share access to that location with the person who will manage your affairs when you can't.

We can't know what changes may alter our path, but we *can* prepare ourselves to navigate through uncharted times. There is strength to be found in our willingness to ask for help when we need it and to find joy where we can. Don't wait for disruption to occur; find joy now. It will change today, and better prepare you for tomorrow.

— Robin Bush, Outreach Manager

Aging in Place

Home is a word that resonates deeply within all of us. Home is a place where we are emotionally anchored and remaining there as we age increases our sense of independence. We feel safe and secure at home. We are comfortable, and happy there. Our friends are nearby. It's familiar. Our bodies and capabilities will change as years roll by, but with a little planning, there is much we can do to "age in place" and maintain our quality of life.



"Aging in place" leads to greater happiness and improved emotional and physical health. It can also be less expensive for both you and the healthcare system (depending on how much care you need). Aging is not like other major events in our lives that we can pinpoint like graduating from school, getting our first car, or finding our life partner. Aging is gradual, and it is different for each of us. Regardless of whether we feel "old" in our 60's or "young" into our 90's, life expectancy is increasing. What do we want our future to look like? "90% of seniors want to stay in their own homes as they age." (AARP). The best time to think about aging in

"I am speechless after learning the number of resources available to Whidbey Island seniors. If everyone would just plan a little, their older years would be so much more peaceful. Now that I am aware of what's out there, I can start planning."

— Carol, participant in Island Senior Resources' Lunch & Learn on Aging in Place

place is... now. Aging in place isn't about aging, it's about living and thriving as we age.

The key to successful "aging in place" is identifying what you value about remaining at home. Ask yourself:

- **What is most important to me?** What keeps me happy? ...my favorite chair? ...my pet? ...access to my family? ...my sweet little home with the tree I planted out front when my child was born? ... my garden?
- **What will I need to remain as independent as possible?** ...access to transportation and shopping? ... changes in my home for safety and mobility? ...devices that will help with reduced hearing and vision? ...a cell phone and computer to stay in touch? ...an in-home health activity monitoring system?
- **What help will I need?** ...to prepare my food? ... with personal care? ...clean my home? ...manage my financial affairs? ... care for me if I fall ill?
- **Who will help me?** ... family or friends? ...a live-in caregiver?

The choice to "age in place" is a complex and deeply personal decision. By choosing to "age in place," you have control over your independence, quality of life, and dignity as you age. It is your plan for how your needs will be met, who meets them, and when. As we age, additional support and services may be required to maintain our quality of life. This takes planning! Talk with your friends and your family. Share with them what's important to you. Then, write out your plan. Remember, your plan will need to be updated as your needs change.

It's true; changes occur that you can't plan for. Sudden changes can alter the course of your life. If that happens, your plan will still help those caring for you to understand what is important to you. That can make all the difference.

— Chasity Smith, Aging & Disability Resources Director

The New Face of Volunteerism — You

Our volunteers are extraordinary people. Many have a long history of volunteering alongside their peers. They help to get out the vote, feed the hungry, and clothe the needy. They bring knowledge, experience, and dedication. They are vital contributors to our community.

What motivates people to volunteer? For those aged 60+, it is a way to sustain a meaningful life and contribute to a better world. For many 50-60, it's the opportunity to lead, serve on Boards, and offer management level skills. For those 30-50, with lives often full of child and elder care, they volunteer for organizations that match their values and support the

needs of their lives. They roll up their sleeves, offer their expertise, and get to work where they are most personally connected. What about those in their 20's? This is the age many of today's seniors marched on Washington, held civil rights rallies, served their country, or stood in non-violent protests. Today's 20-somethings take action to stand up for what they believe in, just as generations before them have. They are passionate about making a difference.

Island Senior Resources depends on the power of volunteers of all ages to support our essential programs and allow us to build capacity beyond what staff alone can accomplish. We need those looking to build experience as well as those with time-tested skills. We will involve you so that you can feel your impact on our community. When you reach the later years of life and look back, what matters most is the love you shared, the help you offered, and your work toward a better world. You can do all that at Island Senior Resources. Come join us. Help us help others.

— Robin Bush, Outreach Manager

"It's not how much you give, it's how much you receive when you volunteer. It makes you a well-rounded and wiser person. Volunteering adds meaning to my life; I stay active, and connected, and get to work with others who are dedicated, wonderful people."

— Medical Transportation volunteer driver

"Meals on Wheels was there for my dad when he really needed it. I volunteer now as a driver because it's a way to give back and help others. I might need them someday myself!"

— Meals on Wheels volunteer driver

"You feel like you are part of a team all working to get a job done for others."

— Senior Thrift volunteer

"I feel gratitude for the opportunity to help our vulnerable populations, knowing we will all become more vulnerable as we age."

— Cynthia Trowbridge, Island Senior Resources Board President, community volunteer

"My life is enriched by the sea of dedicated volunteers around me. It's important to never stop doing my part."

— Leo Baldwin, Island Senior Resources Board Member



Meals on Wheels



Nutrition



Nutrition



Time Together



Senior Thrift



Senior Thrift



Medical Transportation



Pancake Breakfast

The Power of “We”

Life changes. What *was*, no longer *is*. Some changes are a fork in the road with a choice of which path to take. Other times they are a hard, left turn into uncharted territory. Sometimes what is new, like the birth of a grandchild, or a volunteer job, can bring joy or loosen the bonds of isolation. The sharp turns — a dementia diagnosis, lost mobility, or a parent’s stroke — can leave us bewildered, asking ourselves, “What now?”

“The strongest person I ever knew was my mom. She had only a 3rd grade education, but she was wise. She never let me say, ‘I can’t.’ She taught me to be strong no matter what came my way. She taught me that every challenge was an opportunity. But in all her wisdom, she never prepared me to care for her when she had a debilitating stroke. Mom, this is my first ‘I can’t. I can’t do this alone.’”

— Our friend, Marilee

We are a caring community in which over 25% are seniors. Island Senior Resources exists to provide the answers and relieve the strain when you are faced with, “What now?” for yourself, a family member, or a friend. No other organization in Northwest Washington has people in one place, who will meet with you, address the complex issues of aging, and provide integrated resources. Elsewhere, people are often sent to one agency after another, navigating a sea of services. We are unique, and we are determined to protect this level of service to our community.

As our friend’s mom said, “Be strong no matter what comes your way.” We are. “Find the opportunities in every challenge.” We do. But we have one “We can’t” — **“We can’t do this alone.”** When you join with us, it’s transformative. You + us becomes WE. There is a WE behind every achievement. WE can be an unstoppable force, no matter

what “hard left turns” we encounter, be it a fire in the thrift store, or changes on the socio/political/economic horizon. Together WE can make sure that seniors in our community are safe, well-nourished, engaged, remain in their homes as long as possible, and have the resources they need to thrive.

As the old saying goes, “If you think you are too small to make a difference, you haven’t spent the night with a mosquito.” When all of us act together, we make a difference. Each voice unites in a chorus. That’s the power of WE. WE can be sure there are answers for seniors and adults with disabilities, and those who care for them, when they are asking, “What now?” We **CAN** do this together with your financial support.

Please send your donation today and please consider becoming a monthly donor. When you ask yourself, “What if I need answers when the unexpected happens? What can I do to be sure I can get the help I need when I need it?” your donation means you know you acted to secure your future and gave Marilee a place to turn. Your donation and your dedication to the power of WE is vital to you, your family and friends, and to this community.

With gratitude for your generosity, from all us at Island Senior Resources and everyone in our community,

Cynthia Trowbridge
Cynthia Trowbridge
Board of Directors President

Cheryn H. Weiser
Cheryn Weiser
Executive Director

Announcing Island Senior Resources eNews!

Join our email list and receive our new monthly eNews, full of updates for the month ahead: sales at Senior Thrift, special events, classes, trips, and great articles. You can sign up online at www.senior-resources.org.



Drive for ¢change

What is the Island Senior Resources Drive for ¢change?

It's a way you can create change with your change. Change is a heavy weight to carry — take it out of your pocket or purse and turn it into purpose!

How can I participate in the Island Senior Resources Drive for ¢change?

1 Collect your change



2 Ask others to help



3 Bring your change to Island Senior Resources!



Together, we have the "cents" to make a difference for seniors in need.

Every penny makes a difference.

You can help us reach our goal of \$10,000 this year — that's 1,000 meals, hundreds of rides, or hours of care for seniors and adults with disabilities.

If you use debit or credit cards for all your expenses and don't get much change, you can still participate. **You can donate online at www.senior-resources.org or send a check to Island Senior Resources, with "Drive for Change" in the memo.** You can also help us spread the word by posting "I support the ISR Drive for Change" on Facebook. Encourage others to participate.

*Every donation, big or small, helps us help seniors and adults with disabilities, their families, and caregivers. Your change **can** change their life, so they receive the help they need.*

Drop off locations:

Island Senior Resources in Bayview • Senior Thrift in Freeland
CamBey Apartments in Coupeville

Visit www.senior-resources.org for location addresses.

Reflections on 2017: Lives Changed

The details of these portraits have been changed to protect privacy but remain true to how we serve our community.

The long goodbye includes a sweet hello each day for Cindy...

“Cindy” is a lovely, 60-something who was given the devastating diagnosis of Alzheimer’s two years ago. She is doing her best to make sense of the world, but this disease is slowly taking her life away. She can no longer do things independently. “Cindy” is social and energized by being with others. She talks in broken sentences and mixes up words, but at our Time Together program, she is given the space and support to help her communicate her feelings. She is heard and understood. Our Time Together staff is trained in creating a “person first” environment that enables people with cognitive challenges to engage. “Cindy” appreciates the support, warmth, and caring she receives; she loves the singing and exercise and has a sense of accomplishment when she can finish an art project with help from our staff. There will come a time when “Cindy” won’t be able to tolerate a group environment because Alzheimer’s will have changed her brain so much that she will need much more support than can be offered by a social day program, but for now Time Together is a life-line for her and her family.

Answers brighten tomorrow...

“Laura” is a 73-year-old woman suddenly facing living alone. Her savings were depleted while caring for her husband at home until his recent death. Her Social Security benefits will not cover her rent increase. She has been unable to find a job, even part-time, and recently sold her car. Often, she skips meals to pay her expenses. Her pastor advised she reach out to Island Senior Resources for help. Meeting with our Aging & Disabilities staff, “Laura” learned our Volunteer Medical Transportation services will take her to medical appointments. She received help applying for Paratransit and was relieved to find Island Transit staff would ride with her to teach her how to use the bus. We helped her apply for DSHS food benefits and register for home delivery from the Food Bank. We encouraged her to come to our community meals for nutritious meals and to build her social network. She was helped to obtain subsidies that waived her Medicare Part B and D premiums. “Laura” never



Time Together painting project

imagined there were so many options to help her through this change in her life, and now she is far less stressed, feels safe, eats well, and is enjoying new friends along the way. It’s not easy; it’s certainly not what she imagined for her later years, but it’s possible, with a little help and guidance.

Finding help with Medicare costs...

After receiving a free Medicare consultation with our SHIBA (Statewide Health Insurance Benefits Advisors) volunteers, “Harold” was referred to our Aging & Disability Resources program for assistance with his medical costs and Medicare premiums. He has a heart condition and needs multiple medications he can’t afford. He is low income and only receives Social Security Disability. “Harold” was screened for eligibility for insurance subsidies and qualified. Now, his Medicare Part B and Part D premiums are waived (saving \$2,016/year) and his medical co-pays and deductibles are fully covered; these savings are immeasurable. He no longer needs a Medicare Supplement Plan (saving another \$1,000+/year). Additionally, we helped him find a Part D plan that covers his prescriptions at about \$5 each. We helped him find a doctor who accepts both Medicare and Medicaid, so his medical care is fully covered. A few months later he underwent much-needed cataract surgery with no out-of-pocket costs. This was a huge success! Many seniors, like “Harold,” don’t know these programs exist or assume they wouldn’t qualify. Our staff is here to help!

Reflections on 2017: Lives Changed

Major Donor Campaign

Island Senior Resources launched a three-year sustainability campaign in the fall of 2017. Our goal is to raise \$750,000 by Fall of 2019. We are grateful for the help of visionary community members who have contributed. Thanks to them, we are on our way! Please visit us to learn more about what we do, meet our dedicated staff, ride-along on a Meals on Wheels delivery, visit our Time Together Adult Day program; understand what we do, then please, join in reaching our goal.



PSE Brings Green Energy to Senior Thrift

Island Senior Resources received a \$50,000 grant from Puget Sound Energy for the installation of a solar power system for Senior Thrift. It is expected to save \$100,000 over the next 25 years, allowing that money to be re-directed into resources for seniors. Thank you PSE!



"Every dollar saved in defraying the cost of energy through solar power production increases our capacity to serve the growing senior population in Island County."

— Cheryn Weiser, Executive Director

Our Community Joins Hands

Joined hands symbolize connection, support and caring. 2017 was filled with an outpouring of generosity. We are deeply grateful for all those who reached out to join hands with us:

- **Island Athletic Club** made a holiday donation;
- **Whidbey Telecom** donated \$1,000 for prescription assistance for seniors in need;
- **Goosefoot** purchased a new freezer for our Bayview Center Meals on Wheels kitchen;
- **Bayview Hall** donated use of their space for our "Not Your Grandma's Bingo" fundraiser;
- **Community members came to both our sold-out "Not Your Grandma's Bingo" events** and enjoyed some raucous fun while donating to support seniors in our community. **They joined in our Adopt-a-Senior program** that gives seniors holiday gifts and essential items;
- **Island Thrift** supported all our programs plus the start-up of Time Together Adult Day Program in Oak Harbor;
- Our **public entities** partnered with us (Island County, Coupeville, Langley, and Oak Harbor);
- **Businesses throughout Whidbey Island generously donated** items and gift certificates for our **12 Days of Whidbey Raffle**. Winners, one each day for twelve days, came away with prizes valued between \$200 and \$1,100! Watch for the raffle again in December 2018 — maybe you'll be the next winner.

Everyone in our community is a winner in our book! *Thank you for joining hands to support us.*



Reflections on 2017: Lives Changed

Senior Nutrition Program provided 71,789 meals (37,165 at community meal sites and 34,624 home-delivered meals through Meals on Wheels), and 253 vouchers to low-income seniors to purchase \$10,120 of food at local farmer's markets. 99% of dining room participants said this keeps them connected, 87% feel they are eating a healthier diet. 96% of MOW participants said they could remain at home longer and 86% said they were eating a healthier diet.

"When I went home to visit my mom I saw that she had lost a lot of weight and isn't cooking any longer and her refrigerator was empty. I feel so relieved knowing she now gets a hot meal every day."

Aging & Disability Resources provided resources, assistance, and education for our community members to remain as healthy and independent as possible. 4,859 ADR clients were served, a 21% increase over 2016. We also provided community education at 147 outreach events throughout Island County.

"I appreciated the calm and low-key approach. It's so important to have such a reliable resource to turn to."

Family Caregiver Support Program (FCSP) provided support, care planning, and case management to 1,475 FCSP clients, a 52% increase over 2016.

"Dad is resistant to change because he does not want to accept the fact that the love of his life is fading away more and more every day. What a godsend to know that help is available, and you and your staff can orchestrate, with my dad, a plan that can literally save his life!"

SHIBA (Statewide Health Insurance Benefits Advisors) volunteers presented 28 Medicare seminars and served 973 individuals in one-on-one consultations.

"The SHIBA volunteer helped me to find the best prescription drug plan for me. Now, I will save a substantial amount of money each year on my medicines. That means I won't have to choose between paying for medicine and having enough money for everything else."

Time Together Adult Day Program expanded into Oak Harbor. Within eight months, it reached 100% capacity, with a waiting list. The number of people served in our combined programs increased 83% in 2017.

"The greatest strength of the program is the individual attention given to each client and the caring shown by staff."

Medical Transportation and Volunteer Services received priority boarding status for all trips on the ferry. Volunteers, donating 7,007 hours, drove 145,000 miles and provided 1,222 trips for Medical Transportation/Volunteer Services.

"Island Senior Resources has been a lifeline to me."

Medicaid Case Management supplied resources that helped 248 people to remain in their homes and avoid long-term care facilities for as long as possible. This improved their quality of life and reduced expenses.

"I was filled with questions about how to care for my dad. You were there with the answers. You coordinated care and services, so he could remain at home and let go peacefully."

CamBey Apartments' 50 units were 100% leased. By offering a safe environment for low-income seniors and disabled adults to live, socialize, and enjoy meals together, CamBey fills a void within Island County.

"I am so glad I moved back in! I should never have left. This place... these people... this is my home."

Senior Thrift was closed August–November 2017 due to a fire. The re-designed, expanded, "new and improved" store received remarkable support when it re-opened. Comparing December 2016 to December 2017, the average amount spent per customer increased 29%, and the number of sales transactions increased 24%.

"We are so happy you are back! You help so many others who need help. How can we help you?"

2017 Performance Highlights

Outreach

- **Island Senior Resources** became the new DBA name for long-lived Senior Services of Island County. Our new name conveys our purpose: We provide essential resources to seniors and adults with disabilities, their families, and caregivers in Island County.
- We debuted **Board-directed fundraising efforts** which received overwhelming community support: Not Your Grandma’s Bingo and the 12 Days of Whidbey raffle.
- We **re-branded**: refreshed our logo, colors, and designs; created an Island Senior Resources brochure and rack cards for each program; re-designed our website; launched our twice-yearly newsletter; and developed our August Gratitude Report for donors.
- We **partnered with Whidbey Weekly and the Oak Harbor Senior Center** to launch the *Island Times* newspaper that reaches over 14,000 readers monthly.
- We initiated a **major donor outreach program**.

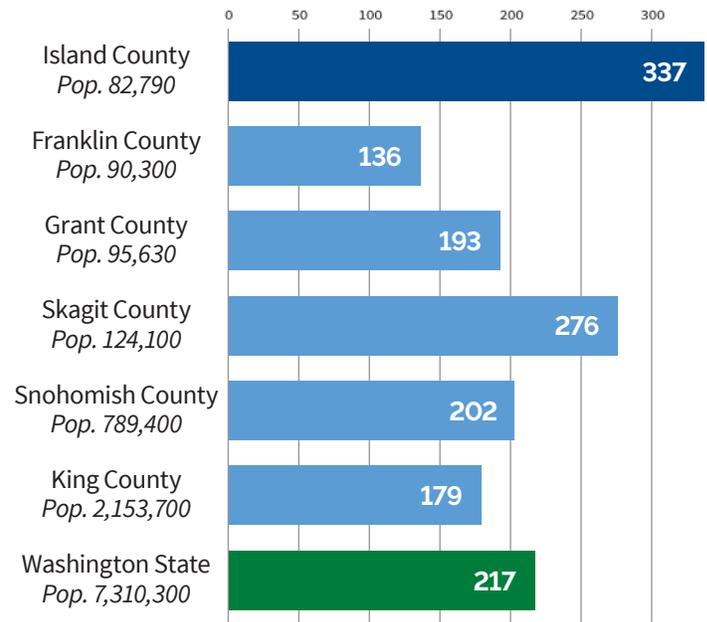
Finance

- We **redesigned financial reporting** to the Board and program managers. This optimized planning, timing, and implementation of program improvements.
- We **improved internal accounting controls and systems**. These were reviewed in our annual audit and were found to be free and clear of any weaknesses or deficiencies.
- We **increased the detail and accuracy** of our annual budgeting and expense tracking process.
- We **managed the expenses of recovery from the fire at Senior Thrift** and worked closely with our insurance company throughout the recovery process to minimize negative financial impact.
- We received a **platinum rating from Guidestar**, a non-biased national organization that gathers and distributes information about U.S. nonprofits.

2017 Expenses



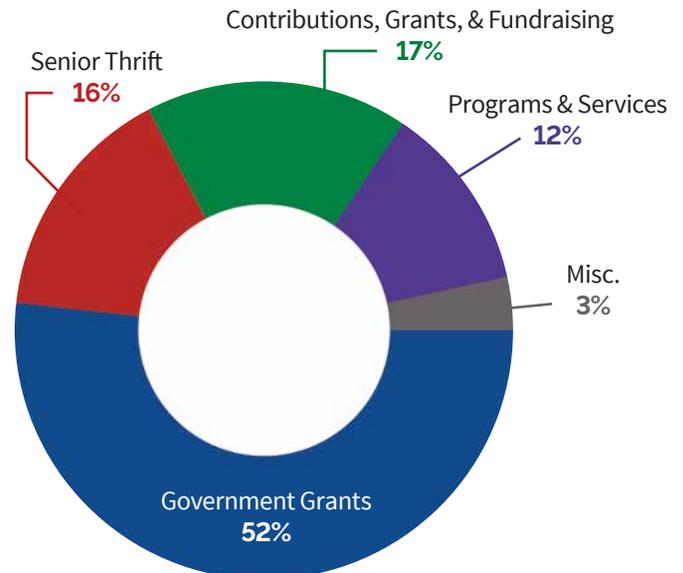
Age 60+ Population per 1,000 Residents



Who We Served

- We served over 10,000 individuals, which is one out of every eight persons in the county, and **one out of every three over age 60**.
- Island County age 60+ population is 55% above the state average. **State funding for programs is based on total county population, not senior population.** We maximize our efficiency to serve a higher ratio of seniors than in other counties.

2017 Revenue



Island Senior Resources Board of Directors

Cynthia Trowbridge – President
June Nailon – Vice President
Pending – Treasurer
Karen Cowgill – Secretary
Christina Baldwin
Leo Baldwin
Kathryn Beaumont
Jill Brown
Vickie Hagley
Julie Joselyn
Marie McElligott
Chris Schacker

Executive Director:
Cheryn Weiser

Island Senior Resources
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Contact Us

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www.senior-resources.org

Facebook:

facebook.com/islandseniors

Email:

reception@islandseniorservices.org

Phone:

(360) 321-1600
or (360) 678-3373

Our Locations

Island Senior Resources (Bayview)

14594 SR 525, Langley, WA 98260
(Just south of Bayview Road)

Senior Thrift

5518 Woodard Rd., Freeland, WA 98249
(Just north of Main Street)

CamBay Apartments

50 N. Main St., Coupeville, WA 98239
(Opposite WhidbeyHealth)

Oak Harbor Senior Center

51 SE Jerome St., Oak Harbor, WA 98277
(Opposite OH Elementary School)
(in collaboration with OH Senior Center)

Camano Center

606 Arrowhead Rd.,
Camano Island, WA 98282
(Near Utsalady Elementary School)
(in collaboration with Camano Center)



SENIOR THRIFT COUPON
Your Choice (1) Item
15% OFF

On items less than \$150. Excludes jewelry & Christmas items.
Cannot be used with any other discount. Expires August 31, 2018.

