

# Island Senior Resources

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

## What Defines a Senior?



I came home from my errands today to my dog who greeted me with profuse excitement, bounding like a puppy around the kitchen and down the hallway, then promptly

lying on my bed and falling asleep. He's 12. The vet calls him old, but he still acts young, much of the time.

That describes me too. I'm the "not ready to retire" professional. I am the one who gets a senior pass on the ferry on my way to a day of ski racing with my brother who is 10 years older than me. My mother, who is 94, lives with me and at the same time, I have a son who is in college just launching his life. Am I a senior? I don't think so but my age says I am and my son's friends look at my salt and pepper hair and think, "she's a senior." How about my brother, at age 75? He is slower than he used to be. Is he a senior? He doesn't really think so but he knows he's changing. Is our mother? She says, "I'm only old on the outside; in my mind I'm still 45," and that's not dementia speaking.

When I went to the grocery store this morning, I ran into a long-time friend. Like my brother, he's active, but not as active at 75 as he was at my age. He has a boundless spring in his heart, if not in his step, and his irrepressible belly-laugh always makes me smile. His partner, five years older at nearly 80, needs help every day and my friend is his full-time caregiver. Are they seniors? Maybe.

After the grocery, I stopped into one of our lovely island coffee gathering spots and looked around. At 11:00 in the morning everyone sitting there is called a "senior." Two couples were my age. Another man finished his latte and stood up stiffly; walking slowly across the room he left his newspaper for others to read. He was probably in his mid-to-late seventies. And then there was a much older, beautiful woman sitting with her slightly younger friend. That delicate lady with pure white hair, reminded me of my godmother who is 89. She still lives in her home but she doesn't drive. She is driven to her doctor in Seattle by Island Senior Resources Medical Transportation and can't get to the grocery store because it is too far for her to walk. She relies on Meals on Wheels for her dinner each day. How nice to see these ladies out together for coffee. I decided I'd stop in to visit my godmother tomorrow and bring her the orchid that is blooming on my kitchen windowsill.

As I sit now, beside my sleeping dog, I think about what I read last week: Nearly a quarter of us in Island County are currently seniors over 65 and that population is projected to increase by almost 4,000 in the next five years alone. The term "senior" encompasses as much as a forty-year timeframe and is an often, lengthy period of significant life changes. Together we are seniors yet we are completely diverse in who we believe we are, and in our needs and abilities.

*What Defines a Senior?* continued on the next page

*What Defines a Senior?* continued from page 1

We all belong, whether you're a "Yelder..."



a "Melder..."



or an "Elder."

We've coined terms for these generations: "Yelders," "Melders," and "Elders."

"Yelders" are folks who surprised themselves at turning 60, and consider themselves late middle-aged or a young-elder, hence the name, *Yelder*.

Middle-elders, the "*Melders*," are those who acknowledge their status, relish those senior discounts, notice the change in their energy and needs, and can see many around them who are grey, but are younger than they are.

"Elders" are those learning to receive assistance, whether it be a friendly arm to lean on, a walker to balance on, or help tending to their daily needs. They live with pride in their longevity and achievements, and may wrestle with fears of what lies ahead.

Besides the grey or missing hair, wrinkles, and the constant surprise at our reflection in the mirror, our sense of age rests on two things: the date on our birth certificate and how we feel when we get up in the morning.

Island Senior Resources serves both the actual age and the experiential age of Island County residents. No matter whether we are the children, friends, or caregivers of those ahead on the path, or leaning on others ourselves, we are one community desiring to live vibrant lives while transitioning through the latter phases of life. Island Senior Resources is dedicated to cultivating our community, and providing strength and sustenance. We connect those who need, with those who serve, no matter "who's who" in body, or mind. The bonds between us will only grow stronger each day as Island Senior Resources reaches out through the social service and local business communities to gather resources that support all generations.

I am grateful today, and secure tomorrow, knowing that Island Senior Resources is here for me, my brother, the gentleman sipping his latte, and for my godmother.

*It's our place — a place where I belong; they belong; we all belong. Together.*

We each have earned a place of honor at the table. Let's join in the feast of our community.

## From The Executive Director: Cultivating Collaboration

Island Senior Resources has actively collaborated with many other organizations over the course of 44 years of service to our Island County communities. Our relationships with the City of Oak Harbor, Oak Harbor Senior Center, Camano Senior Services Association, and the Camano Community Center have sustained the platform for our staff to provide Information & Assistance, Meals on Wheels, meal sites, and Medical Transportation throughout Island County. Our funding affiliation with Northwest Regional Council (Area Agency on Aging) and the Island County Commissioners has enabled us to leverage federal and state funding for key programs. Recently, our alliance with the Town of Coupeville and the City of Langley brought further investment of local government to ensure program viability.

*We are the last private nonprofit in Northwest Washington to offer our comprehensive array of resources for seniors.*

In an era of funding uncertainty for human services and health care, particularly in a rural environment, working together on behalf of the needs of a growing older community is essential. At Island Senior Resources we are

devoted to developing and sustaining collaborative efforts with individuals, leaders, businesses and organizations, on behalf of our elders and those that care for them.

Here at Island Senior Resources, our staff works with multiple organizations across Island County, among them WhidbeyHealth, the Island County Departments of Human Services and Health, Opportunity Council, and Good Cheer to assure that individual needs are met. We are the last private nonprofit in Northwest Washington to offer our comprehensive array of resources for seniors. To preserve the safety, support, and resources that Island Senior Resources provides, we must expand our alliances with individual communities, businesses, and organizations. Today dawns a rising era of cooperation and collaboration.

*Join with us, and others; invest in our shared vision, so we can be certain that Island Senior Resources remains strong and resilient in responding to the growing needs of our increasing population of seniors.*

— Cheryn Weiser,  
Executive Director



### What does it take to foster, cultivate, and harvest fulfilling and effective collaboration among all those who care, so that our community is truly cared for?

- **Open and frequent communication:** Participants interact often, update one another, discuss issues openly, and convey all necessary information inside and outside the group.
- **Shared Understanding and Mutual Respect:** Participants share understanding and respect for each other and their representative organizations.
- **Ability to compromise:** Participants understand that decisions of the coalition cannot fit the preferences of each member perfectly.
- **History of collaboration or cooperation in the community:** Participants have experience and understanding of their collaborative roles and expectations that enable them to trust the process.
- **Commitment to collective impact:** Participants jointly own the initiative on behalf of the “common good.”
- **Specific, attainable goals and objectives:** Members set clear, realistic, attainable goals and objectives.
- **Skilled leadership:** Leaders have organizing and interpersonal skills and carry out their role with fairness. Because of this, leadership is granted respect by stakeholders in the collaboration.
- **Adaptability:** Participants sustain collaborative effort, in the midst of major changes, even if it means adjusting goals, members, etc., to deal with evolving conditions.
- **Flexibility:** Participants remain open to varied ways of organizing and accomplishing work.



Sandra Whiting, Goosefoot Executive Director and Debbie Metz, ISR Nutrition Program Director

*"Goosefoot is more than a good neighbor. They are supporting life-sustaining meals for the seniors of Whidbey Island. Our organization deeply appreciates the extraordinary generosity of the Goosefoot Board and staff. Thank you, Goosefoot!"*

— Cheryn Weiser, Executive Director, Island Senior Resources

## Goosefoot \$35,000 Donation Replaces Failed Meals on Wheels Freezer

This winter, our 20-year old freezer failed irreparably. We had to solve the problem immediately. How would we store the food for the 6,300 meals we provide every month to seniors across Whidbey Island through Meals on Wheels? Short term, the answer was to rent a diesel powered refrigerated truck at a cost of \$1,950/month. Goosefoot saw they could provide a permanent solution and came to our rescue when they donated \$35,000 to replace the freezer and cover all installation expenses.

"Now that The Goose Grocery is generating a profit, Goosefoot is able to return those profits back to our community. Senior Services' appeal to the public for donations for the walk-in freezer was a perfect fit for our charitable giving program," said Goosefoot Executive Director, Sandra Whiting.

The new freezer will provide an efficient, state of the art freezing unit, assuring safe food storage for Meals on Wheels and all six of our Whidbey Island meal sites.

## Prosperity Partners

### Local Businesses Partner with Island Senior Resources

Imagine Island County with thriving local businesses. It's what we all want.

Our new program, Prosperity Partners helps local businesses attract customers and in turn those businesses help Island Senior Resources. Prosperity Partners will help local businesses attract more customers through discounted prices on low-traffic days.

Each Tuesday, from 9 a.m. to 6 p.m., participating businesses offer a discount to customers when they shop or dine. Each business chooses their discount percentage. Then, each month, those businesses donate a tax-deductible percentage of proceeds from their discount days to Island

Senior Resources. *Every donation has a direct impact on seniors' lives.*

Prosperity Partners will be listed on our website and each month in ISLAND TIMES, our new monthly newspaper. We will also provide a decal to participating businesses to post, showing their customers that they care about our community.



**Prosperity Partners.** It's an easy way to centralize your philanthropy, become a part of a positive movement to create thriving businesses, and do your part to build a better future.

*Do you want to become a Prosperity Partner? Call us and we will partner with you!*

## Making a Difference

A gentleman currently attending our “Powerful Tools for Caregivers” class is a full-time caregiver for his wife who is battling a rare, debilitating condition. He registered for “Powerful Tools” to learn coping skills and strategies for prioritizing his self-care.

*“This simple revelation about the importance of self-care could be what ‘saves’ him and allows him to be a wonderful caregiver for his wife. I couldn’t be happier for him.”*

— Chasity Smith, Director of Aging & Disability Resources

At the first class, he shared with the group that this was the first break he has taken in *six years*. After the second class, he told me how much he was looking forward to next week’s class. He said he had never realized how much he needed and deserved to take time for himself. Through “Powerful Tools,” he now understands that by valuing his own self-care, he can be a better caregiver.

## Powerful Tools FOR Caregivers

After just two classes, he has come to enjoy his “afternoon off” so much that he has already asked his family if they would continue providing this weekly respite after the six-week course is over. He was deeply grateful when they agreed! Even though it is only a few hours a week, it is an amazing gift for him. He is already planning the many things he will be able to do.

This simple revelation about the importance of self-care could be what “saves” him and allows him to continue being a wonderful caregiver for his wife. I couldn’t be happier for him.

— Chasity Smith, Director of Aging & Disability Resources

## Our Mission, Vision, and Guiding Principles

### Our Mission:

Island Senior Resources provides access to resources and information for seniors and for those who support them in their goals for self-determination.

### Our Vision:

We envision a community in which Island Senior Resources empowers seniors to make wise and well-informed decisions about their lives.

### Our Guiding Principles:

We act in ways that engender trust and respect.

We make the best use of human resources (both paid and volunteer).

We make the best use of financial resources.

We promote interdependence and collaboration.

We use a decision-making process that encourages participation.

We seek excellence in all that we do.



## BUILDING A BRIDGE TO THE FUTURE

In these turbulent times, cultivating community means focusing on the strength of what connects us, not on our differences. We are partners in creating the bridge to future.

*Acts of caring are the bridge from where we are to where we want to be as a community. When you help a neighbor, supply food to someone hungry, contribute your time or financial resources, teach others what you've learned, or share your stories, you become a keystone of that bridge.*

We are building our communal future at Island Senior Resources through sustaining a multi-generational community in which seniors, adults with disabilities, their families, and caregivers are fully supported with the resources they need to thrive, in independence and with dignity.

Consider how our bridge, of which you are a critical part, creates a better future:

... for “Jane,” isolated at home and whose only interaction is when she opens the door to our volunteer who delivers her meals and a warm smile three times a week. She eats well, and knows someone is watching out for her as her needs change.

*Because of your support, she is not alone.*

... for “Paul,” who comes each day to “Time Together” Adult Day program and shares laughter and music and stories. Even though he can no longer recall the names of his family, he is welcomed, loved, cared for, and happy.

*Because of your support, he enjoys today.*

... for “Lydia,” when her partner turned 65 and couldn't navigate the quagmire of rules surrounding Medicare and Social Security. She got the answers she needed from our SHIBA volunteer.

*Without your support, she would be lost.*

... for the “Edwards” family, who came to our caregiver support group to understand how to live with their father who has Parkinson's and needs 24-hour assistance. They learned tools for caregiving and how to care for themselves.

*Your support gives them a way to the future.*

... for the over 10,000 other individuals and families we serve each year, we build the bridge from where they are to where they need to be through the assistance we provide.

*We, together, are their keystone.*

Last year we delivered 33,613 in-home meals, served 41,044 on-site meals, answered 5,494 information and assistance and Family Caregiver Support requests, drove 169,273 medical transportation and volunteer service miles, provided 1,924 respite care days to 514 caregivers

through Time Together and 3,548 hours of respite care through Family Caregiver Support, and held 500+ educational and wellness events.

### ***Who would do this, if not us, with you as our partner?***

The funding we receive from government sources, meets only 55% of our needs. While funding has remained flat for years, the senior population in Island County grows rapidly. We can only continue to provide for our community through sales at Senior Thrift, grants, contributions from businesses, and donations from partners like you.

**We need your help.** Our goal this Spring is to raise \$150,000 to sustain our unique and vital programs. *Be our keystone as we will be yours.* Together we will build that bridge to a better future for our neighbors, young and old. Life is bountiful when we look inward and reach outward to build on what is best in our community.

As a donor, we encourage you to fully understand how we spend our resources and what is accomplished by the programs you support. Visit our office and program sites, meet with our staff, or speak with our Board members who provide responsible governance and oversight of the organization and our mission.

#### ***Our commitment to you:***

- We are laser focused on our mission to be certain your money does what you intend.
- We report outcomes truthfully and accurately to you.
- We comply with federal, state, and county laws.
- We are guardians of your gift, assuring its reach will be maximized. We fulfill your expectation that your investment is being used efficiently and responsibly to best serve our community. We are transparent and accountable.
- We protect the privacy of your information.

Tell us what *you* need when you donate to us. Would you prefer anonymity or recognition on our website? ... a chance to visit our programs or become a volunteer to see your gift in action? ... have lunch with a Board member at one of our meal sites? ... or be an ambassador for Island Senior Resources by sharing our story with others? We want to know you better and help you to know us. Because, together as partners ...

***"We can change the world and make it a better place. It is in your hands to make a difference."***

— Nelson Mandela

In gratitude,

Wendy Gilbert

Board of Directors President

Cheryn Weiser

Executive Director

## Time Together North Opens

Time Together, our adult day program, provides respite to families and caregivers of adults who need 24-hour care. Time Together, located at Island Senior Resources in Bayview, has expanded! Now, Time Together North is open in Oak Harbor. Both Time Together programs serve individuals with dementia, stroke, Alzheimer's, heart disease, Parkinson's, MS, developmental disabilities, brain injury, and many other chronic or debilitating conditions.

These are unique places filled with special people. Participants are deeply cared for and their lives are enriched in a group setting. Conversation, musical and art therapy, dance and exercise, cognitive therapy, poetry, horticultural therapy, and more, bring joy into each day.

The Time Together staff are highly trained on the Gems® brain change model and are dedicated to creating a space where each participant can experience fulfillment and support.

Both locations offer a sliding scale fee structure to make the program affordable to everyone. For more information call Mel Watson, Time Together Program Director, at (360) 321-1600.

## \$20,000 Donation Launches Our Capital Campaign

We are deeply grateful to one generous, anonymous donor who contributed \$20,000 to launch our 2017 capital campaign! In response to flat government funding and the uncertainties that lie ahead, we are engaged in a sustainability campaign to raise \$250,000 in each of the next three years to support essential resources for seniors:

- Meals on Wheels and Congregate Meals
- Aging & Disability Resources
- Volunteer Services and Medical Transportation
- CamBey Apartments
- State Health Insurance Benefits Advisors (SHIBA)
- Footcare
- Time Together Adult Day Programs
- Family Caregiver Support
- In-Home Care Case Management
- Lunch & Learn Presentations
- Legal & Tax Advice
- Community Education
- Trips and Activities

## Support Meals on Wheels

Help spread the word! Donate \$5 at Senior Thrift or Island Senior Resources (Bayview) and receive an "I support Meals on Wheels" button. **Your \$5 will pay for one meal for a senior in our community.**



### Did you know...?

*Meals on Wheels is much more than food...* It decreases loneliness, increases safety, provides food that seniors and adults with disabilities need, and improves quality of life.

- **15.7 million seniors** are isolated, and/or living alone.
- Nationwide, **83%** say Meals on Wheels improves their health, **92%** say it enables them to remain living at home, and **87%** say it makes them feel more safe and secure. (*Statistics from Meals on Wheels America*)

*Meals on Wheels is much more than food...* It saves money.

**Every \$1 invested in Meals on Wheels saves \$50 in Medicare expenses.**

- One person receiving Meals on Wheels can be fed **for a year** for roughly the same cost as **one day in a hospital** or **ten days in a skilled nursing facility.**

*Meals on Wheels IS food – nutritious, healthful, tasty, and essential...*

- **61%** of home delivered meals help provide a senior more than half of their total food for the day.

*What makes Meals on Wheels through Island Senior Resources so valuable to our community?*

- Island Senior Resources' volunteers deliver **230 hot and frozen meals, three times a week**, to seniors throughout Island County providing **socialization** while checking on their **well-being**.
- In contrast, King County Meals on Wheels only delivers frozen meals once a week.

*What can you do that will make a difference for one of your neighbors?* Donate \$5, receive your button, and wear it!



## 2016: The Year In Review

### Nutrition Program

“Mr. L, a 95-year old gentleman living alone, has been served by our Meals on Wheels program since 2008. On a recent delivery, the volunteer driver found Mr. L lying on the floor, unresponsive and called 911. His daughter called to thank us for being there just in time, and to have him restart his Meals on Wheels upon his return home. He loves these deliveries and waits on his porch until they arrive. He says the food and the volunteers are so good that he recommends them to everyone he sees, even to his son-in-law, who is a trained chef! Meals on Wheels does so much more than provide food. Having someone stopping by several times a week provides vital socialization and a safety net for individuals who are otherwise isolated.”

— Debbie Metz, Nutrition Program Director



### Volunteer Services and Medical Transportation

“An elderly couple in their nineties, living in Oak Harbor, have been married 70 years and are completely devoted to each other. They go everywhere together, holding hands. They are totally dependent on Volunteer Services for their medical trips to Seattle. They sit in the back seat so they can be together, holding hands the entire journey. They have no family, just each other.”

— Pat Weekley, Director of Volunteer Services

### Time Together Adult Day Program

“When I first came to Time Together, the group of elders broke into song with great enthusiasm...the feeling of inclusion and group comradery was palpable. The staff showed great interest in the elders’ stories and how they felt. Everyone was welcomed and spent a day together in song, discussion, exercise, games and lunch. I am glad that there is a place where time flows gently and consideration for each other is still practiced.”

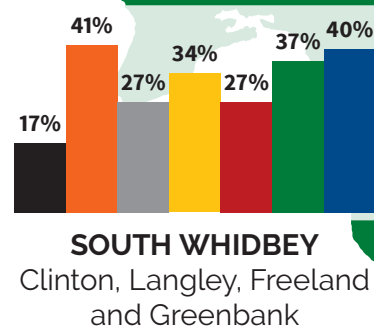
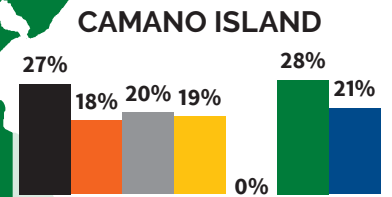
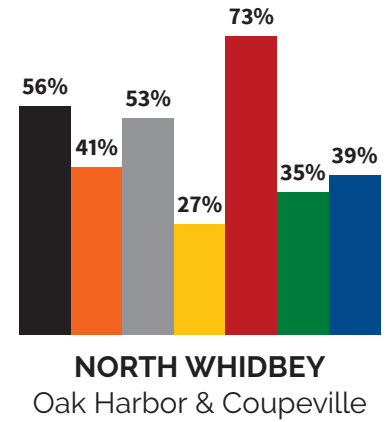
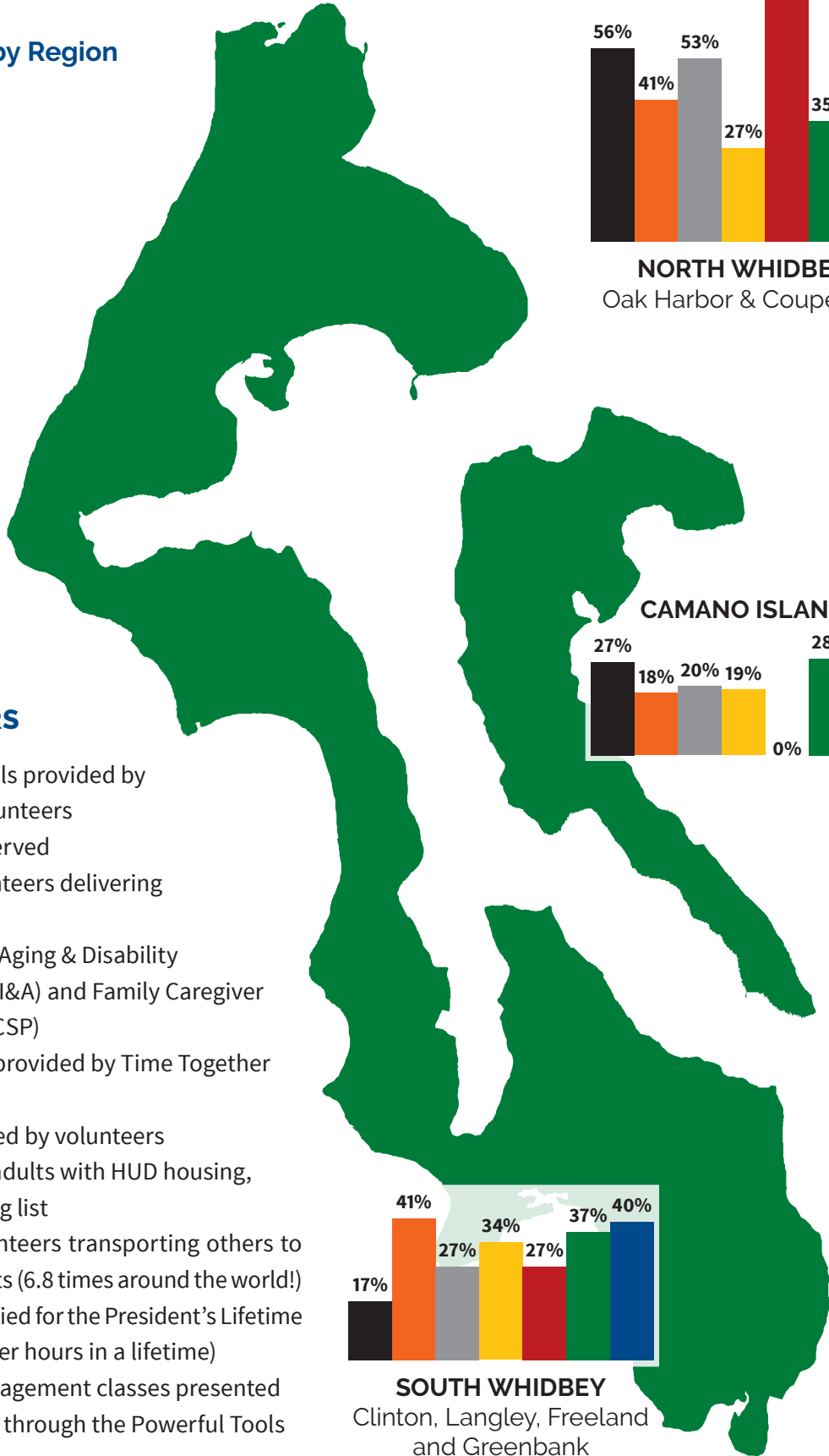
— Time Together staff member



# 2016: The Year In Review *(continued)*

## Percentage of Services by Region

- Medical Transportation
- Congregate Meals
- Home Delivered Meals
- Total Meals
- Case Management
- I&A Clients Served
- I&A Client Contacts



## 2016 - BY THE NUMBERS

- 33,613** Home delivered meals provided by Meals on Wheels volunteers
- 41,044** Community meals served
- 46,800** Miles driven by volunteers delivering Meals on Wheels
- 2,337** Residents served by Aging & Disability Resources (formerly I&A) and Family Caregiver Support Program (FCSP)
- 1,924** Days of respite care provided by Time Together Adult Day Program
- 37,743** Service hours donated by volunteers
- 50** Seniors or disabled adults with HUD housing, plus 21 on the waiting list
- 169,273** Miles driven by volunteers transporting others to medical appointments (6.8 times around the world!)
- 15** Volunteers that qualified for the President’s Lifetime Award (4000 volunteer hours in a lifetime)
- 4** Chronic Disease Management classes presented
- 22** Caregivers educated through the Powerful Tools for Caregivers class

## 2016: The Year In Review *(continued)*

### Adopt a Senior Program: the spirit of giving at the holidays

“This year, generous donors provided gifts, groceries, clothing, and toiletries to 83 individuals for the holidays. We received over \$15,000 in donations and gifts, with 100% going to recipients. Some are struggling to meet basic needs, others are isolated without friends or family to share the holidays. One client was gifted a power wheelchair which enabled her to get out of her bedroom and into the world. One couple received prepaid eye exams and glasses. One woman, living alone, requested we stay to share the moment as she opened her gifts. Generous donors gave something money can’t buy. They let each person know they aren’t forgotten and still hold a place in our world.”

— Chasity Smith, Director of Aging & Disability Resources



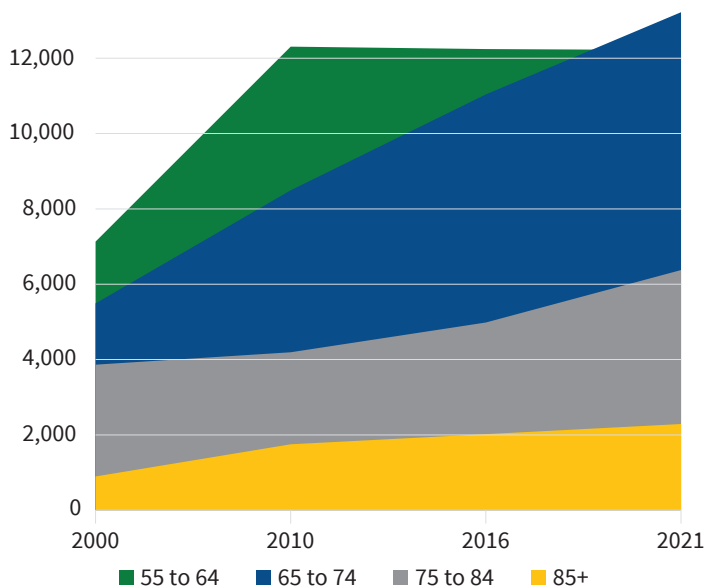
### SHIBA (State Health Insurance Benefit Advisors)

“We help people understand Medicare, supplemental medical coverage and drug plans. We have helped people save hundreds even thousands of dollars or more on drug coverage.”

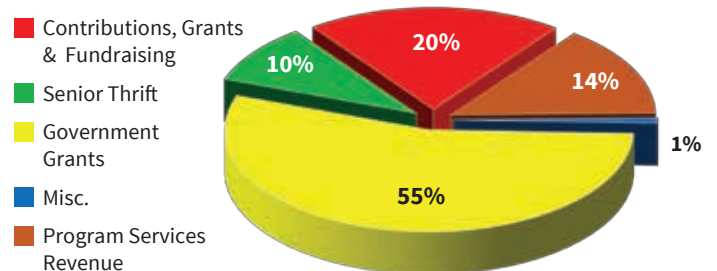
— Annette Barca, SHIBA volunteer

## Demographics & Dollars

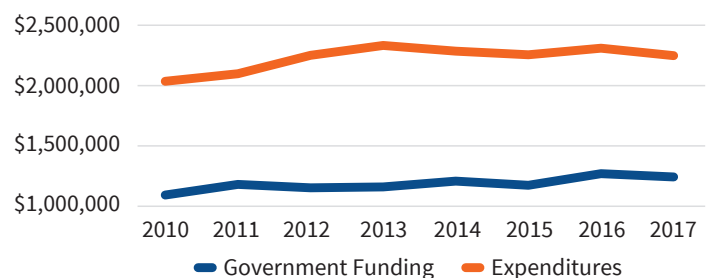
Island County Population by Age



2016 Revenue Sources



Government Funding vs. Expenditures



# Island Senior Resources Board of Directors

Wendy Gilbert, *President*

Cynthia Trowbridge, *Vice President*

Tom Sommer, *Treasurer*

Open, *Secretary*

Christina Baldwin

Leo Baldwin

Vickie Hagley

Julie Joselyn

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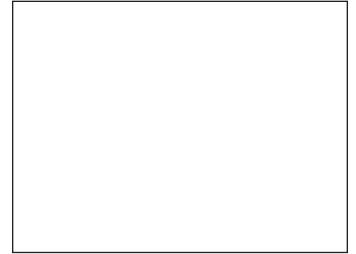
Bill Wells

## Island Senior Resources

14594 SR 525

Langley, WA 98260

[www.senior-resources.org](http://www.senior-resources.org)



## Executive Director

Cheryn Weiser

## Contact Us

### Website:

[www.senior-resources.org](http://www.senior-resources.org)

### Facebook:

[facebook.com/islandseniorresources](https://facebook.com/islandseniorresources)

### Email:

[reception@islandseniorservices.org](mailto:reception@islandseniorservices.org)

### Phone:

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

## Our Locations

### Island Senior Resources (Bayview)

14594 SR 525

Langley, WA 98260

### Senior Thrift

5518 Woodard Road

Freeland, WA 98249

### CamBey Apartments

50 North Main Street

Coupeville, WA 98239

### Oak Harbor Senior Center

51 SE Jerome Street

Oak Harbor, WA 98277

*(in collaboration with  
Oak Harbor Senior Center)*

### Camano Center

606 Arrowhead Road

Camano Island, WA 98282

*(in collaboration with  
Camano Center)*



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