

Island Senior Resources – July eNews

Providing you updates on events & happenings at Island Senior Resources

Check out sales at Senior Thrift! Items are on sale every day.

Don't miss Wednesday, August 1st - it's *Together We Care*, Island Senior Resources' one-day challenge to our community to raise \$10,000 to support our essential resources for seniors and adults with disabilities, their families, and caregivers. Please donate and help us meet our goal! What a difference you will make for so many. Please, help us spread the word of our challenge – post it on Facebook, tweet it, or simply tell a friend when you meet them for coffee. On August 1, please make your donation:

- securely online via our website, or
- bring your donation to our office at Island Senior Resources (Bayview), or to Island Senior Resources staff at Oak Harbor Senior Center or Camano Center, or
- mail a check to Island Senior Resources, P.O. Box 939 Freeland, WA 98249 (put *Together We Care* in the memo).

*Are you concerned you might forget to donate on August 1? Donate now, and please consider becoming a monthly, sustaining *Think Forward Donor*.*

We are celebrating! Time Together has a new home!

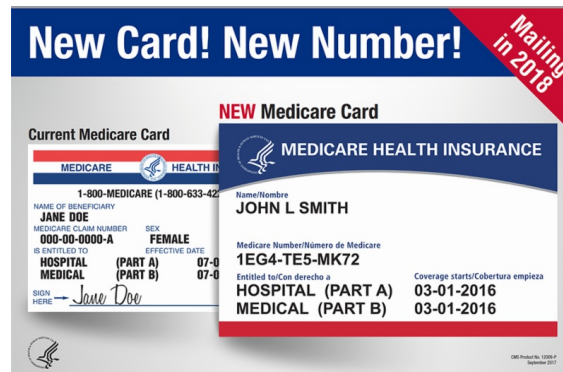
Read July Island Times for two great articles on Time Together. One where Christina Baldwin continues her piece on villages and looks at Time Together, and Mel Watson, Dir. of Time Together provides a unique look into the program.



Join us for Lunch & Learn Presentations. Come early to have lunch (\$5 suggested donation) or just come for the presentation. View the Lunch & Learn topics at:

- Island Senior Resources (Bayview)
- Coupeville HUB for Seniors (Coupeville)

New Medicare cards are being mailed starting in June. Once you have a new card with your new number, destroy your old card. These cards are FREE and you don't need to do anything to receive one. It will be mailed to you.



Great Articles. Recent articles we found that may be of interest to you:

1. [Aging in Place](#)
2. [Benefits of Adult Day Programs](#)
3. [The Importance of Social Interactions for Older Adults](#)
4. [Three "Brain Games" websites for Keeping Older Minds Sharp](#)

[View a list of additional articles](#)

We welcome your feedback. We'd like to hear from you. Click [here](#) to provide feedback. Your responses will remain private.

Help us grow. We need your help to reach everyone who needs us. Will you take the time to forward this email to two people you know and ask them to [sign up](#) for our eNews? Then, ask them to ask two people they know. Can we double our mailing list in a month to reach twice as many people who value what we do?

Monthly Food Menu: View the Nutrition program's [monthly food menu](#).

Follow us on Facebook. We have announcements and postings to make you smile, laugh, or be inspired. Share our posts with your friends.

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Need help? Visit our [web site](#) or call us at 360-321-1600 Monday-Friday 8:30 am to 4 pm.



Sales at Senior Thrift



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**Island
Times**

Island Times Newspaper

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www.senior-resources.org to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

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