

Island Senior Resources – December eNews

Providing you updates on events & happenings at Island Senior Resources

Season of Giving

This season of giving is the perfect time to do something special to improve the quality of life for seniors in our community. Show them your gratitude for all they have done with a small random act of kindness. You could deliver flowers to a family member, friend, or neighbor, share a cup of tea, drop off a loaf of warm homemade bread or a care package of shampoo and toothpaste, or bring them some fresh vegetables from the market. Try it. Your kindness will fill their heart...and that, in turn, fills yours.



12 Days of Whidbey Raffle

Each raffle ticket purchased supports seniors, adults with disabilities, and those who care for them, with essential resources provided by Island Senior Resources.

Each ticket enters you in 12 separate drawings for fabulous prizes worth \$250 - \$1,000. Drawings will be December 1-12. Tickets are \$5 each. Each day's prize has a different theme:

1. Wine and Chocolate Covered Island
2. Cook It Up in the Kitchen
3. Golf on the North End
4. Family Night on the Town in Oak Harbor
5. Family Fun
6. Caffeinated Whidbey
7. Reader's Treasury
8. Spirits of Whidbey
9. Beautify for Winter
10. Garden Dreaming
11. Holiday Cheer
12. That's Italian



Tickets are on sale at Island Senior Resources (Bayview), Oak Harbor Senior Center (Monday, Wednesday, Friday, 11:30 am -12:30 pm), and at Senior Thrift.

Holiday Food Tips

Over-indulging in sweets, fats, and salt during the holidays

can leave you feeling tired and uncomfortable, lead to blood-sugar spikes and strain many of your organs. Try these tips to make holiday eating tasty and more healthful.

- Holiday potatoes: cook and mash well washed, tender-skinned potatoes, with the skins on. Use low-fat milk when mashing and cut the butter in half. You'll reduce the fat, and the potatoes taste good since the skins add so flavor, and fiber too.
- Yams: Instead of candied yams, mash cooked yams with a small amount of butter or orange juice, and top with dried fruit pre-soaked in warm orange juice until soft.
- Cranberry relish: Instead of plain cranberry (cooked or canned), chop or grind fresh cranberries with orange and a bit of the rind, add honey to sweeten, then add pecans for extra flavor, texture, and nutrition.



We wish you happy and healthy eating through the holidays, and all year long!

Give Your Time and Make New Friends Volunteer at Senior Resources

Volunteers are needed in the Bayview kitchen especially on Tuesdays, but also on Monday, Wednesday, and Friday. Hours are flexible: anytime between 11 AM and 1:30 PM. We especially need help loading the dishwasher from 12:30-1:30 PM.

Contact Debbie Metz 360-321-1621

Volunteers are needed in the Oak Harbor kitchen. Help dish up and serve food, set tables, and clean up after the meal. Helpers needed Monday, Wednesday and Friday, 11 am – 1 pm.

Contact Lilia 360-279-0367 or Debbie Metz 360-321-1600

Volunteers are needed at Senior Thrift to assist at cash registers and with processing donations.

Call Cindi Quigley 360-331-5701

Help transport seniors to and from medical appointments. Mileage is reimbursed.

Contact Pat Weekly 360-914-3212

Come support seniors and those with developmental disabilities through fun activities, music, games, and stories.

Contact Mel Watson 360-321-1623

Join the free Lunch & Learn Presentations

Come early to have lunch (\$5 suggested donation) or just come for the free presentations. Lunch & Learn time, location and topics:

- **Island Senior Resources (Bayview)**
 - Topics, activities and discussions this month - The Wonderful Hanukkah Holiday, Celebrating Holiday Music, and Ordinary Extraordinary Grace
 - Tuesdays at 12:30pm. Click to view topics and location information.

- **Coupeville HUB for Seniors (Coupeville)**
 - Topics, activities and discussions this month - Bingo, Grief - Why it Hurts and What Can Help, THE SARATOGA SIRENS, and A Time to Give
 - [Wednesdays at 12:30pm. Click to view topics and location information.](#)

Monthly Food Menu

Meals are available to all seniors and adults with disabilities regardless of ability to pay. For those who can, a donation of \$5 is welcomed. [Click here to view the menu.](#)

- Don't miss our annual pot roast holiday meal on Wed, December 19

Great Articles

Recent Articles We Found That May Be of Interest to You

1. [Seniors guide to healthy eating](#)
2. [26 inexpensive, easy meals for winter](#)
3. [The benefits of volunteering as a senior](#)
4. [Online safety for seniors: a comprehensive guide to keeping seniors safe online](#)

[View List of All Articles](#)

Senior Thrift

- [Click to view sales information.](#)
- Come and visit the **Christmas room.**
- **Announcing!** Santa will be at Senior Thrift on Saturday, December 8 from 1 – 4pm.
- **Make Your Shopping Easy This Year.** Does your special someone like to shop for themselves? Or do you want to be a “Secret Santa” to someone who needs a surprise this year? Buy them a gift card at Senior Thrift. There’s even wrapping paper in the Holiday room – “one stop at the shop” and your shopping is done!



Holiday Hours

Island Senior Resources (Bayview)

- December 24 closed
- December 25 closed
- January 1 closed

Senior Thrift

- December 24 closes at 2pm
- Dec 25 closed
- Dec 31 closes at 2pm
- January 1 closed

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Island Senior Resources

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



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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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