

## Island Senior Resources – January eNews

Providing you updates on events & happenings at Island Senior Resources



## Wondering where to Volunteer in the New Year?

### Volunteer at Senior Resources!

Volunteering is a highly satisfying activity that makes a huge difference in the lives of others. We have numerous volunteer opportunities.

o **Supporting seniors and those with developmental disabilities** through fun activities, music, games, and stories.

*Call Mel Watson, Time Together, 360-321-1623*

o The **South Whidbey Center** kitchen

*Call Debbie Metz, Nutrition, 360-321-1621*

o Our **Oak Harbor** kitchen

*Call Lilia 360-279-0367 or Debbie Metz, Nutrition, 360-321-1600*

o **Senior Thrift** in Freeland to assist at cash registers and with processing donations.

*Call Cindi Quigley, Senior Thrift, 360-331-5701*

o **Helping transport seniors** to and from medical appointments. Mileage is reimbursed.

*Call Pat Weekly, Medical Transportation, 360-914-3212*

## Event Highlights

### Learn More. Attend a free Lunch & Learn Presentation

Come for the free presentation or arrive a bit early to have lunch (\$5 suggested lunch donation). Lunch & Learn location, topics and time:

- **Island Senior Resources (Bayview)**
  - Topics this month - Property Tax Basics, The Death Cafe, Electric and Gas Safety including reducing your energy costs, Ever Wondered What is Homeopathy

- **Tuesdays at 12:30 pm. Click to learn more**
  - **Coupeville HUB for Seniors (Coupeville)**
    - Topics this month - Acutonics: Powerful Healing, More to WAIF Than You Knew, PSE - Stay Safe, Warm & Save Money, Plan the Ending
    - **Wednesdays at 12:30pm. Click to learn more**
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## Medicare - Individual Consultations

For in-depth information about Medicare options, advisors are available for 1:1 consultation at the following locations:

- **Oak Harbor Senior Center:** 51 SE Jerome St., Oak Harbor. Tuesdays.  
*Call to schedule an appointment: 360-279-4580*
- **WhidbeyHealth Medical Center:** 101 N Main Street, Coupeville.  
Wednesdays. *Call to schedule an appointment: 360-678-5151*
- **Island Senior Resources (Bayview):** 14594 SR 525, Langley. Fridays.  
*Call to schedule an appointment: 360-321-1600, ext 0*

Note: The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options. SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.

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## Seminar: Welcome To Medicare 2019

Will you be using Medicare in 2019 or want to know more about it? Attend a free seminar by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2 to 2 1/2 hours.

For information call: 360-321-1600.

### **Seminar location and times:**

Island Senior Resources (Bayview)

Wednesday, February 20, 10 am

Wednesday, March 27, 1 pm

Coupeville Library

Saturday, Feb 23, 10 am

Oak Harbor Senior Center

Tuesday, January 15, 1 pm

Tuesday, February 19, 10 am

Tuesday, March 5, 11 am

**[Click To Learn More](#)**

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## Free Fall Prevention Exercises for Seniors

Reduce the probability of falls and fall-related injuries by increasing flexibility, leg strength and overall endurance. Exercises learned can also help improve mobility

and help to reduce the fear of falling.

Facilitated by: Kimmer Morris, Certified Somatic Educator. Kimmer Morris specializes in natural foot function and mobility education to improve bio-mechanics and functional movement patterns.

Wednesdays Jan 9th, 16th, and 23rd 1pm – 2pm at Island Senior Resources Bayview, 14594 SR 525, Langley WA

To register: RSVP directly to the instructor by email: [kimmermorris@gmail.com](mailto:kimmermorris@gmail.com) or by phone: 360-202-5186

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## Other Events

[View Additional Monthly Highlights](#)

[View The Events Calendar](#)

## Nutrition

### NUTRITION PROGRAMS



Home  
Delivered  
Meals (Meals  
on Wheels)



Congregate  
Meals



Monthly Food  
Menu



Market  
Nutrition  
Vouchers

### 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 to View Food Menu](#)

## Noteworthy



**SAVE THE DATE! *Not Your Grandma's Bingo*** fundraiser for ISR comes back to Bayview Hall Saturday, Feb 9. Watch our website for tickets to go on sale. Buy early; this event sells out!

Don't miss this very fun evening full of laughter and Bingo led by Sylvia O'Stayformore and BobbieJo Blessings drag queens extraordinaire!

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## Great Articles

Recent Articles We Found That May Be of Interest to You

1. [5 Ways to Get Better at Asking for Help](#)
2. [How to Ask for Help as a Caregiver of Elderly Family or Friends](#)
3. [5 Ways Giving is Good for You](#)
4. [Laughter is the Best Medicine](#)

## Senior Thrift



**Enjoy a great shopping experience!** New and lightly used clothing, furniture, household goods, outdoor items, tools, crafts, books, jewelry and children's items. A boutique clothing department, housewares department and year round Christmas room. All proceeds support Island Senior Resources.

### [Senior Thrift Location](#)

### [Senior Thrift Sales Information](#)

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Sales at Senior Thrift



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Island Times Newspaper

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<https://senior-resources.org/> to keep up on news, events and activities at Island

Senior Resources.

Thanks for your interest!

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14594 SR 525  
Langley, WA 98260  
Phone 360-321-1600, 360-678-3373

Senior Thrift  
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Freeland, WA 98249  
Phone 360-331-5701