

Island Senior Resources – March eNews

Providing you updates on events & happenings at Island Senior Resources



Thank You!

Thank you to all who supported our donation drive on Valentine's Day, and offered help for storm recovery on the region-wide Post Storm Donation Day February 19.

Whether you offered a hug or visited someone who had been shut inside during the long snowy days, donated to Senior Thrift, joined us at a meal site, or made a donation to Island Senior Resources, your kindness and generosity is greatly appreciated.

Island Senior Resources alone lost over \$27,000 due to the storm -- money we use to help our community. Every gift of kindness you offered on Post Storm Donation Day to anyone or any nonprofit made a difference. Your generosity provided a blanket to a Meals on Wheels recipient for every donation of \$25 or more that we received. Thank you!

Event Highlights



Pancake Breakfast

Fundraiser for Meals on Wheels

Let us do the cooking! **Enjoy pancakes, scrambled eggs, sausage links, fresh fruit, juice, milk, coffee or tea** (gluten free links & pancakes too).

Suggested donation \$7 each.

*Saturday, March 16th, 9 a.m. — 11 a.m.
Island Senior Resources (Bayview)*

[Click To Learn More](#)

AARP Free Tax Return Preparation

Occurring now thru April 12

Appointments are recommended and will receive preference over walk-ins. No

walk-ins or appointments during the last hour of operation.

- For appointments at Coupeville Library and Island Senior Resources (Bayview) call (360) 678-3000, leave your name and telephone number, and your requested office location and date. A volunteer will return your call to schedule an appointment. Appointments can also be made when Tax-Aide volunteers are on site
- For appointments at the Oak Harbor Senior Center call (360) 279-4580. Appointments for the Oak Harbor Library can be made in person at the library

Learn More. Attend A Free Lunch & Learn Presentation

Come for the free Lunch & Learn 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 - The NW Language and Cultural Center, Taming Bigfoot Whidbey, It's the Week of St. Patrick's Day!, Purposeful Conversations
- Tuesdays at 12:30 pm

[Click To Learn More](#)

Coupeville HUB for Seniors (Coupeville)

- Topics this month - – Learn about the schooner SUVA, Staying Strong & Flexible, Healthy Eating & Aging
- Wednesdays at 12:30 pm

[Click To Learn More](#)

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, March 27, 1 pm

Oak Harbor Senior Center
Tuesday, March 5, 11 am



[Click To Learn More](#)

Learn the Basics of Social Security

1. How and when to apply for benefits
2. Types of benefits you may qualify for
3. Your Social Security rights
4. Benefits based on earnings, spousal earnings (current and former)
5. Survivor benefits for widow(er)s

This Island Senior Resources workshop is presented by Annette Barca who has been conducting pre-retirement seminars for 15 years.

[Click To Learn More](#)

**Looking for a way to warm someone's heart?
Provide a blanket to a Meals on Wheels recipient
Opportunity ends March 15**

For **every donation** to Island Senior Resources of \$25 or more, received by **March 15, a fleece blanket will be delivered with a hot meal** to a Meals on Wheels recipient.

If you wish to participate, donate securely on our [website](#) or in person/by mail at:

Island Senior Resources
14594 SR 525
Langley, WA 98260

(blankets are provided by an anonymous donor)

Thank you to all who have donated so far. You are keeping people warm and they are so deeply grateful. Thank you for supporting Island Senior Resources and our community.

End of Life Discussion Series - Hospice of the Northwest
Compassion and Dignity Every Moment of Life

Every Tuesday - February 19 to March 19
12:30 p.m. – 2:30 p.m.
Coupeville Library, 788 NW Alexander St, Coupeville

Class is FREE - No Registration Required

[Click To Learn More](#)

[View Additional Highlights For This Month](#)

[View Online Calendar](#)

Nutrition

Monthly Food Menu

NUTRITION PROGRAMS



Home
Delivered
Meals (Meals
on Wheels)



Congregate
Meals



Monthly Food
Menu



Market
Nutrition
Vouchers

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. Due to rising costs, effective April 1 the suggested donation for community meals will be \$6.00/meal. Meals on Wheels suggested donation will be \$6/hot meal and \$5/ frozen meal.

[Click to View Food Menu](#)

Noteworthy

Great Articles

Recent Articles We Found That May Be of Interest to You

1. [Can You Age in Place in Your Home?](#)
2. [How to Age Well and Stay in Your Home](#)
3. [The Power of Music: Sounds That Heal](#)
4. [25 Best Budget Recipes from Cooking Light](#)

[View Additional Articles and Helpful Reading Information](#)

Support Group Aging in Grace

Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings. Facilitated by Nicole Donovan, aging and disability resource manager from Island Senior Resources. Everyone is welcome.

[March 11 - Learn More](#)

[New! Now offered At A Different Location And Time. Click To View Details](#)



Aging in Grace
SUPPORT GROUP

Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

Facilitated by Nicole Donovan, aging and disability resource manager from Island Senior Resources. Everyone is welcome.

*For adults.
Supported by Island Senior Resources.*

**MONDAYS,
10 a.m. - 12 noon**
Jan. 14, Feb. 11, Mar. 11

FREELAND LIBRARY
5495 Harbor Ave.
360-331-7323

sno-isle.org

Senior Thrift

Enjoy Great Shopping
at [Senior Thrift](#)

We have it all - new and lightly used clothing, furniture, household goods,



outdoor items, tools, crafts, books, jewelry and children's items. In addition, we have a housewares department and year-round Christmas room.

All proceeds support Island Senior Resources

Senior Thrift Location

Senior Thrift Sales Going On Now

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Island Senior Resources.

Thanks for your interest!

Island Senior Resources (Bayview)
14594 SR 525
Langley, WA 98260
Phone 360-321-1600, 360-678-3373

Senior Thrift
5518 Woodard Avenue
Freeland, WA 98249
Phone 360-331-5701