



Hi,

Garrett Musar, from Lake Forest Park, decided he wanted to do something for those struggling from the recent snowstorms. **He's asking everyone region-wide to do something good for others today, Tuesday, February 19.** He's calling it **Post-Storm Donation Day.** The goal of the day is to donate clothing, time, food, lend a hand to a neighbor, write a check to a nonprofit, or simply offer a hug to someone in need. "There's no wrong way to donate. Anything you do is the right thing to do," he told Q13 FOX News.

I'm Cynthia Trowbridge, Board President of Island Senior Resources and I am asking you to set aside today to be generous and show you care about others in our community. Thousands of people are still struggling after the storm, and hundreds of non-profits lost thousands of dollars due to the snow. Many of us may not realize the extent of the storm damage to our community. The effects will last a long time.

Island Senior Resources alone lost over \$27,000, and that's money we use to help our community.

- Normally, we receive donations for meals we serve at seven meal sites across the county. Those donations help to support our Meals on Wheels program. During the storms, some of the sites were closed, so the income we count on didn't happen.
- Normally, we receive money for transporting folks to medical appointments but, during the storm when the impassable conditions on side roads meant people couldn't be picked up, that income too was lost.
- Normally, Senior Thrift is a busy store that provides critical income that supports our essential programs for seniors and adults with disabilities. The store was closed for four days, and that income too was lost.

Our motto for everyone is "Ask for what you need, offer what you can." People reached out to us for help in the storm, and we were there. Our wonderful volunteers who had 4-wheel drive vehicles braved the snow and still delivered Meals on Wheels to isolated and frail individuals. We called our Time Together Adult Day participants to be sure they had what they needed. We are here to help you too when you need us. Now we need our community to help us. In honor of Post-Storm Donation Day, I am asking you to make today a day of generosity:

- Give an extra hug to everyone you know or visit a neighbor who has been shut in during the storms.
- Clean out your closets, donate things you don't need to Senior Thrift, and shop there regularly.
- Join us at a meal site and donate for your lunch; you'll eat well, meet new friends, and help us feed others.
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Click [HERE](#) to donate on our website www.senior-resources.org. All donations are secured by PayPal (you do not need a PayPal account). Not comfortable donating online?

Mail a check to:
Island Senior Resources
14594 SR 525
Langley, WA 98260

One more thing: your donation today can go even further to help those in the cold. For every \$25 or more received we will deliver a blanket to a Meals on Wheels recipient, along with their hot meal.

Please post about Post-Storm Donation Day on Facebook and help us spread the word.

Make today *your* day to do something special. Whatever you can offer today will be appreciated, by whomever you give it to. Feel free to reach out to me at feedback@islandseniorservices.org or call our offices at (360) 321-1600 or (360) 678-3373 if you have questions.

Warmly,

Cynthia Trowbridge