

## Island Senior Resources – April eNews

Providing you updates on events & happenings at Island Senior Resources



### Fundraiser - Not Your Grandmas Bingo

*ARE YOU READY? To play Bingo? Join the fun!*

Mark your calendar:

Saturday, May 11th, 7-9:30 pm, doors open at 6 pm at Bayview Hall.

Tickets can be purchased on our [website](#) starting April 1 at 10 am.

## Event Highlights

### 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

### Attend Free Lunch & Learn Presentations

Come for the free Lunch & Learn presentation or arrive a bit early to have lunch (\$6 suggested lunch donation).

**Location** - Island Senior Resources (Bayview)

**Topics** - Ever Wondered What Homeopathy Is? What We Learned from our Communities?, Internet for Dummies, LOVESCAPES: Mapping the Geography of Love, Senior Striders

**When** - Tuesdays at 12:30 pm

[Click To Learn More](#)

**Location** - Coupeville HUB for Seniors (Coupeville)

**Topics** - Does recycling work? Don't Fall!! & POLST Explained, FRONT STREET MYSTERIES!

**When** - Wednesdays at 12:30 pm

[Click To Learn More](#)

### **Dementia Care Family Support Series for Caregivers**

A four-class series with video, handouts, discussion, and hands-on skill training. The Care Partner Support Series - "Four Sessions to Change" will educate, support, and connect you with other caregivers of someone living with dementia. The series uses the Positive Approach® to Care (PAC) curriculum developed by Teepa Snow and taught by a PAC Certified Trainer.

[Click To Learn More](#)

### **Dementia Care Workshop for Caregivers**

Knowledge and skills to help you care for those with dementia. This two-class series is for Caregivers. Facilitated by: Kathleen Landel, The Caregiver Coach. Workshops utilize the Positive Approach to Care™ (PAC) developed by Teepa Snow, and taught by a PAC Certified trainer.

[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](#)

### **Chronic Pain**

#### **Living Well Self-Management Workshop**

Learn to manage medications better, make decisions for yourself, communicate more effectively, eat healthfully, add activity to your life, and more!

[Click To Learn More](#)

### **Aging in Grace Support Group**

Second Monday of each month, Freeland Library 10 a.m. – noon.

[Click To Learn More](#)

## Discover More Monthly Highlights

### View Online 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. 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



### Thank You

Thank you Island Transit for your generosity in supplying a Ridelink van to Time Together!

With your help we can now provide door to door transportation for participants in the program. We couldn't do it without you!

### Great Articles

Recent Articles We Found That May Be of Interest to You

1. [Seniors Traveling Solo: Some Great Solutions](#)
2. [Caregiver Tips for Traveling with the Elderly](#)
3. [Air Travel Information for Seniors and Disabled Adults](#)
4. [Tips for Physically Challenged Travelers](#)

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



## **Aging in Grace Healing Circle**

A healing circle for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends and connect with others as we accept and adapt to the limitations and opportunities of aging.

*2nd and 4th Thursdays, 2-3:30 p.m.  
Held at Healing Circles in Langley  
534 Camano Ave, Langley, WA*

Hosted by Nicole Donovan, Aging & Disability Resources Manager at Island Senior Resources.

For further information call 360-321-1600 or e-mail Nicole at [DonovNM@dshs.wa.gov](mailto:DonovNM@dshs.wa.gov)

## **Senior Thrift**



### **Enjoy Great Shopping at Senior Thrift**

New and lightly used clothing, furniture, household goods, outdoor items, tools, crafts, books, jewelry and children's items. Also, a housewares department and Christmas room.

*All proceeds support Island Senior Resources*

### **Senior Thrift Location**

### **Senior Thrift Sales Going On Now**

## **Want to Help?**



Please donate now! You can make a difference for your community. Say "Yes! I want to help sustain Island Senior Resources' programs that serve seniors, adults with disabilities, and those who care about them."

### [View Information On Ways To Donate](#)

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## Popular Web Links



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[Sales at Senior Thrift](#)



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Island Senior Resources.

Thanks for your interest!

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