

## Island Senior Resources – May eNews

Providing you updates on events & happenings at Island Senior Resources



**Fundraiser**  
**Not Your Grandma's Bingo!**  
ARE YOU READY to play  
Bingo?

Join the fun with celebrity Drag  
Queen hosts  
Sylvia O'Stayformore and  
Bobbi Jo Blessings.

Don't miss this amazing night of games, food, drinks, music and songs.

Saturday, May 11th, 7-9:30 pm, doors open 6 pm at Bayview Hall.  
Tickets can be purchased on our secure [website](#).

## Career Opportunity



### Join our team

Island Senior Resources is seeking an  
experienced Development Director.  
Come join our great team!

[View Job Description](#)

## Activity and Event Highlights

### Powerful Tools For Caregivers

**Powerful Tools** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, or neighbor.

- Class is free
- Pre-registration required
- Tuesdays, May 14 thru June 1

[Learn More](#)

## **Island Senior Resources (Bayview)**

Come for the free Lunch & Learn presentation or arrive a bit early to have lunch (lunch is optional, suggested donation for lunch is \$6 for 60+ seniors and \$8 for all others). Topics presented at our Island Senior Resources (Bayview) location:

- You've probably heard of Goosefoot, but do you know what they do?
- Reverse Mortgage
- What is Green Burial?
- Veterans Benefits, VA Healthcare & Veterans Transportation Program

When: Tuesdays at 12:30 pm. [View schedule](#) for dates for each topic.

### **[View The Bayview location Schedule](#)**

## **Lunch & Learn Presentations Coupeville HUB for Seniors (Coupeville)**

Topics presented at the Coupeville HUB for Seniors in Coupeville.

- Bingo
- Driving Refreshers
- Yoga & the Aging Body
- LOVE SONGS
- Hiking Close To Home

When: Wednesdays at 12:30 pm. [View schedule](#) for dates for each topic.

### **[View The Coupeville HUB Lunch & Learn Schedule](#)**

## **Medicare 2019**

Will you be going on Medicare in the next six months and/or want to know more about Medicare? 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 2-2.5 hours. For information call: 360-321-1600 ext 0.

### **[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.

### **[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.

[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!

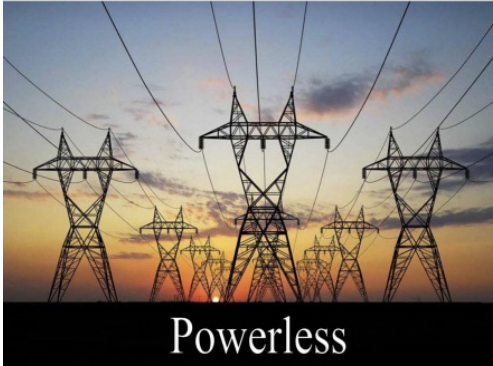
[Learn More](#)

## Aging in Grace Support Group

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

[Learn More](#)

Whidbey Prime Time Players Present  
A Readers' Theatre Live Stage Performance



**Powerless**

An Original Play, Written by  
**Mark MacNaughton**  
Lansing, Washington

Directed by  
**Brenda Edwards**  
Greenbank, Washington

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Starring  
**BRENDA EDWARDS, CLYDE BOCK, GWYNN KAYAHLI**  
**EDMOND NICKSON, BOBBIE OLSZTA, LUKE TALLENT**

## Whidbey Prime Time Players present "Powerless"

Tuesday, May 21  
11:15 AM

**FREE!**

[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.

[View Food Menu](#)

# Noteworthy

## Great Articles

Recent Articles We Found That May Be of Interest to You

[On Being Neighborly](#)  
[30 Fast and Fresh Spring Dinners](#)  
[Making a Garden or Yard Senior Friendly](#)  
[Medical Alert Systems](#)

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

## Are you looking to help?

### Volunteer!

**Drive seniors on short local errands to the grocery, pharmacy and other locations.**

- Must be 25 years old or older, able to carry groceries, and manage stairs.
- Mileage is reimbursed. Island-wide volunteers needed.
- Call Pat Weekley 360-321-1600 or 360-678-3373

### **Medical Transportation Drivers needed**

- Specific interest in drivers able to drive off island.
- Priority ferry boarding. Mileage reimbursement.
- Must be 25 years old or older.
- Call Pat Weekley 360-321-1600 or 360-678-3373

## Senior Thrift



### **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](#)

[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."

### Ways To Donate

## Share This eNews

Please forward this email to people you know. Have them click "Join Our Mailing List" below to sign-up for the eNews. Help us reach everyone in our community who would find this information of value.



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## Popular Web Resources



[Island Senior Resources.](#)





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Island Times Newspaper

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[www.senior-resources.org](http://www.senior-resources.org) to keep up on news, events and activities at

Island Senior Resources.

Thanks for your interest!

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