

Island Senior Resources – June eNews
Providing you updates on events & happenings at Island Senior Resources



2019 Spring Newsletter Now Available

Being neighbors is the theme of our newest newsletter. Read stories of lives changed by ISR, learn how to live a healthful life by volunteering, and what we learned from the community as the foundation for our strategic plan 2019-2021. It's a stirring issue, not to be missed.

[Click Here](#)

Career Opportunity



Join our team
Island Senior Resources is hiring

Explore our employment opportunities. We welcome applicants interested in working with us in support of our mission to provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

Current openings:

- North & Central Whidbey Community Outreach Coordinator
- Part-time Case Manager

Join our great team!

[Learn More](#)

Activity and Event Highlights



2019 Produce Market Vouchers Available

Farmer's Market Nutrition Vouchers provide no-cost fresh fruits and vegetables to qualifying low-income seniors, and support local farmers.

[Learn More](#)

Lunch & Learn Presentations 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:

- Becoming Beatrice
- What Do You Want to Learn About?
- Island Senior Resources Strategic Plan 2019-2021
- Long Term Care Continuum and Dementia

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

[View Island Senior Resources \(Bayview\) Lunch & Learn Schedule](#)

Lunch & Learn Presentations Coupeville HUB for Seniors

Topics presented at the Coupeville HUB for Seniors in Coupeville.

- Bingo
- Wednesday "Eats"
- Financial Helps Beyond Medicare
- Where the Skeletons Are

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

[View 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](#)

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](#)

Aging in Grace Support Group

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

[Learn More](#)

DRIVE SAFE DRIVE SMART

Take the new AARP smart driver course!

- Refresh your driving skills; understand the new rules of the road.
- Learn driving strategies to help you stay safe behind the wheel.
- This class may save you money on your car insurance.
- There are no tests to pass.
- Lunch not included.

Saturday, June 8

9 a.m – 5 p.m.

Island Senior Resources (Bayview)

Cost: \$15 AARP members, \$20 for non-AARP members.

Registration required. Call 360-321-1600 or 360-678-3373.

[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

[What Does it Take to be a Good Neighbor?](#)

[Taking You Back: Memories of the 1950's](#)

[Taking You Back: Memories of the 1940's](#)

[Taking You Back: Memories of the 1930's](#)

[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

[Learn More About Volunteering](#)

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.

NOW OPEN AT SENIOR THRIFT

5518 WOODARD AVE
FREELAND, WA 98249



CRABBY COFFEE

ESPRESSO BAR

MON-SAT - 10AM-3PM
SUN - 11AM-3PM

Senior Thrift Location

Sales Going On Now

Want to Help?

MEAL-A-MONTH

Sometimes the smaller amounts of giving make the biggest change in someone's life.

Help feed a local senior for only \$8 a month.



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

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Island Senior Resources.



Sales at Senior Thrift



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Thanks for your interest!

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