



Island Senior Resources – August eNews

Providing updates on events & happenings at Island Senior Resources

Donate on August 1 to TOGETHER WE CARE

One Day When You Can Make A Difference

Help us raise \$15,000 in one day to support essential services for seniors, adults with disabilities, and those who care for them.

[CLICK HERE TO LEARN MORE](#)
[CLICK HERE TO DONATE](#)



Not Your Grandma's Bingo

TICKETS ON SALE NOW

[CLICK HERE TO PURCHASE
TICKETS](#)

NOT YOUR GRANDMA'S BINGO

A fundraiser to support

Island Senior Resources

\$16/Person
VIP Table for 8 - \$175

Must be 21+ to attend

WANTED



Bobbie Jo Blessings & Sylvia O'Stayformore

REWARD

Saturday, August 17th
Island County Fairgrounds
Main Stage (Outdoor Event)

6:00-8:30 pm - Gates open at 5:00

Food, Ice Cream, Beverages, Beer, Wine and Cider available for purchase

The Scallywagon will be the food vendor for this event.



Activity and Event Highlights

Medicare 2019

Will you be going on Medicare soon and 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](#)

Lunch & Learn Presentations Island Senior Resources (Bayview)

Join a 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 the Island Senior Resources (Bayview) location are:

- Aging in Place
- Death Cafe
- Cynthia Trenshaw Has Stories to Tell
- What's Happening at WAIF?



Island Senior Resources

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

Lunch & Learn Presentations Coupeville HUB for Seniors



Topics presented at the Coupeville HUB for Seniors in Coupeville are:

- Bingo
- Listening to your Hearing
- Ebey's Reserve Today
- How to Be Happy

When: Wednesdays at 12:30 pm. **View schedule** for dates for each topic. Lunch (optional) will be served beginning at 11:45 (suggested donation \$6 for 60+ seniors and \$8 for all others) followed by the free presentation at 12:30.

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](#)

New! Time Together Thursdays

Time Together Thursdays. A two-hour program for adults with Developmental Disabilities.

[Learn More](#)

[Discover More Monthly Highlights](#)

[View Online Calendar](#)

Nutrition



SENIOR RESOURCES 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. 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 Our Food Menu](#)

Noteworthy

Recent Articles We Found That May Be of Interest to You

- [The Making of a Modern Elder \(list of interesting books, articles, films, videos, and websites\)](#)
- [Ten Healthy Make-Ahead Meals for Seniors and Caregivers](#)
- [Gardening Tips for Seniors](#)
- [Gardens for Senior Citizens: Creating an Easy-Care Senior Garden](#)

[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.

Senior Thrift Location

Sales Going On Now

DON'T MISS IT! NEW WHIDBEY ISLAND GUIDE TO THRIFT STORES

A map and guide to Whidbey Island Thrift Stores will be available July 1 on the Clinton/Mukilteo and Coupeville/Port Townsend ferries as well as at Whidbey Island Chambers of Commerce, at NAS Whidbey, at most thrift stores on Whidbey Island, and at some restaurants.

Spend a day treasure hunting and visit all the stores! Each store supports a non-profit on Whidbey, so every dollar you spend helps our community.

Want to Help?



MEAL-A-MONTH

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

Donate to Meal-a-Month

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 for them."

[Donate Now](#)

Follow Us

Island Senior Resources on Social Media



Visit [Facebook.com/islandseniors](https://www.facebook.com/islandseniors) (for all the happenings at Island Senior Resources)



Visit [Facebook.com/seniorthrift](https://www.facebook.com/seniorthrift) (for all the sales news and events at Senior Thrift)



We are on [Instagram](#)

Quick Links



[Island Senior Resources Website](#)



[Sales at Senior Thrift](#)



[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.

 Join Our Mailing List

Not displaying correctly? Click to view this email as a web page.

Copyright © 2019 Island Senior Resources. All rights reserved.

You are receiving this email because you requested it or opted in at our website:

www.senior-resources.org to keep up on news, events and activities at

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