

Island Senior Resources – September eNews

Providing updates on events & happenings at Island Senior Resources

TOGETHER WE CARE Thank You Community!



Island Senior Resources' offices and services are closed
Monday September 2 in observance of Labor Day

Senior Thrift is open on Labor Day
Don't miss the **BIG sale – 15% off all items!**

Activity and Event Highlights

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 two hours. Information will be provided on:

- “Basic” Medicare benefits
- Options for additional insurance(s).
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and

- Advantage plans
- benefits and rates
- prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

For information call: 360-321-1600 ext 0.

Learn More

End of Life Discussion Series

Compassion & Dignity Every Moment of Life. Topics and dates:

- Sept. 12 - Aging in Place
- Sept. 19 - The Legal Paperwork
- Sept. 26 - End of Life Options
- Oct. 3 - What are your options for burial, cremation and green options?
- Oct. 10 - Grief and Loss

Occurs Thursdays, 1 - 3 p.m.

Freeland Library

5495 Harbor Ave., Freeland

360-331-7323

Accommodations for people with disabilities will be provided upon request.

Please contact the library with two weeks advance notice.

Supported by Hospice of the Northwest and Island Senior Resources.

Learn More

Powerful Tools for Caregivers

Don't miss this important opportunity to develop a wealth of self-care tools! Powerful Tools is a 6-week class designed to help family caregivers take care of themselves while caring for a relative or friend. Learn valuable skills to help you: Reduce personal stress, prioritize self-care, communicate your needs, deal with challenging situations, make tough decisions, set goals and problem-solve, manage emotions, and increase confidence.

Class is free. Pre-registration is required. Class is 6 weeks, we encourage you to attend all six sessions. Caregiver Help books may be borrowed for duration of class or purchased for \$20.

Tuesdays September 10 – October 15 from noon – 2pm

Coupeville Library

788 NW Alexander Street, Coupeville

(please park in lower lot)

To register contact:

Nicole Donovan, ADR Manager

(360) 321-1600 option 2, then 4

DonovNM@dshs.wa.gov

Chronic Conditions Self-Management Workshop

Learn to better manage medications, make decisions yourself, communicate more effectively, healthy eating and adding activities to your life.

Select a workshop location that works best for you:

Tuesdays, Sept 10 – Oct 15 from 1-3 p.m.
Oak Harbor Senior Center (Modular Building)
51 SE Jerome Street
Oak Harbor, WA 98277

or

Wednesdays, Oct 16 – Nov 20 1-3 p.m.
Island Senior Resources (Bayview)
14594 SR 525 Langley, WA 98260

Registration required. Call 360-321-1621 to register or email [Debbie Metz](mailto:Debbie.Metz@islandresources.org).
[Learn More](#)

Death Cafes

A brave place to talk about death, dying and grief. Drop in group, no registration required.

[Learn More](#)

Lunch & Learn Presentations Island Senior Resources (Bayview)

Join a free Lunch & Learn presentation or arrive a bit early to have lunch. Topics presented at the Island Senior Resources (Bayview) location are:

- Be Well Prepared!
- What is Clear Captions?
- Learn some interesting things about Whidbey Island history!
- Novel Look at Conservation

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



(lunch is optional, suggested donation for lunch is \$6 for 60+ seniors and \$8 for all others)

Lunch & Learn Presentations Coupeville HUB for Seniors



Island Senior Resources

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

- Bingo
- Great Foot-Stompin' Time
- Responding to Identity Theft
- State of the Town of Coupeville

When: Wednesdays at 12:30 pm. **View schedule** for dates and additional information on each topic. Lunch (optional) will be served beginning at 11:45 followed by the free presentation at 12:30.

(lunch is optional, suggested donation for lunch is \$6 for 60+ seniors and \$8 for all others)

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](#)

[View Monthly Highlights](#)

[View Activity Calendar](#)

Nutrition



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. The suggested donation for community meals is \$6.00/meal. Meals on Wheels suggested donation is \$6/hot meal and \$5/ frozen meal.

[View Our Food Menu](#)

Noteworthy

Recent Articles We Found That May Be of Interest to You

- [Music to Help People with Dementia Feel and Live Better](#)
- [The Scientific Benefits of Music](#)
- [9 Inexpensive Autumn Meals to Fall For](#)
- [12 Super Practical Tips to Get Your Home Ready for Autumn](#)

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

Are you looking to help? Volunteer!

Remaining active and involved is essential to enjoying life after retirement. Volunteering is highly satisfying work that makes a huge difference in the lives of others. We are currently seeking volunteers in the following areas; however, please [contact us](#) if you would like to volunteer in other areas.

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](#)

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. Support Island Senior Resources](#)

Stay Connected

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 Senior Thrift sales news and events



Visit us on [Instagram](#)

Popular Links



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[Sales at Senior Thrift](#)



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

Island Senior Resources.

Thanks for your interest!

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