Island Senior Resources envisions strong communities where seniors, adults with disabilities, and those who care for them, are valued, heard and seen, cared for and about, afforded respect, treated with dignity, and supported to live their best life.

We provide resources that enhance the emotional, social and physical well-being of seniors, adults with disabilities, and those who care for them.

We are here to help you.
(360) 321-1600 or (360) 678-3373
www.senior-resources.org

OUR VISION

HOW WE HELP YOU

- Meals on Wheels and Community Meals
- Aging & Disability Resources
- Family Caregiver Support Programs
- Tailored Support for Older Adults
- Medical Transportation and Volunteer Services
- Time Together Adult Day Services (Freeland and Oak Harbor)
- Medicaid In-Home Case Management
- Senior Thrift
- SHIBA (Statewide Health Insurance Benefits Advisors)
- Classes
- Support Groups
- Lunch & Learn Presentations
- Mobility Device Lending Closet
- Social Opportunities: Music, Dance, Theater, Bridge, Mahjong, and Walking Groups
- Foot Care

Island Senior Resources is a Washington nonprofit corporation, exempt from Federal income tax under section 501(c)(3) of the Internal Revenue code. Island Senior Resources is an EOE, supported by Federal and State grants through Northwest Regional Council and Island County government. Other support comes from the City of Oak Harbor, the Town of Coupeville, the City of Langley, Camano Senior Services Association, foundation grants, community and business donations, and individual bequests. Island Senior Resources is ADA compliant and does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.
HOW YOU CAN HELP US

YOUR DONATIONS MATTER
We depend on community support to sustain our services. Only 54% of our funding comes from government sources. Help us so we can help you!

Donate Online
www.senior-resources.org/donate

Donate by Mail
P.O. Box 939
Freeland, WA 98249

VOLUNTEER WITH US
A little bit of your time makes a big difference for others.

SHOP & DONATE AT SENIOR THRIFT
5518 Woodard Ave.
Freeland, WA 98249
(360) 331-5701
Shop with purpose.

Every dollar spent at Senior Thrift supports our essential programs.

We offer clothing, furniture, household goods, hardware, outdoor, sports, crafts, and children’s items.

CARE. DIGNITY. COMPASSION.

ISLAND SENIOR RESOURCES

(360) 321-1600
(360) 678-3373
www.senior-resources.org

Connect with us on social media:

South Whidbey
(Main Office—All Programs)
14594 SR 525
Langley, WA 98260

Coupeville
(located in CamBey Apartments)
*Limited services—Call first
50 N. Main St.
Coupeville, WA 98239

Oak Harbor
(located in Oak Harbor Senior Center)
51 SE Jerome St.
Oak Harbor, WA 98277

Camano Island
(located in Camano Center)
606 Arrowhead Rd.
Camano Island, WA 98282

Senior Thrift
5518 Woodard
Freeland, WA 98249
(360) 331-5701