

Island Senior Resources – January eNews

Providing updates on events & happenings at Island Senior Resources

January Greetings to you!

Most of us get to the end of the year having either forgotten our resolutions or disappointed we didn't do them. Try this instead: make daily resolutions to make small changes.

Lonely? Invite someone for tea or grocery shopping, to go for a walk, or to sit by the wood stove and read to each other. Or, make a call and chat on the phone. Stuck in a rut? Join a class in something you've never done before. Small adjustments each day result in big changes over time. Remember, if that one thing doesn't get done to your satisfaction, it's OK. Go easy on yourself; roll it to the next day and keep on trying. Give yourself acknowledgment for what you tried, not a grade on your success.

Here's to your health and happiness every day throughout this year. May you find ways to laugh, and share, and care, and always, enjoy even the smallest pleasures.

Best wishes for a Happy Every Day,
Robin Bush
Outreach Director

P.S. Send us your stories of things that made you happy, changes you made, or good things you see someone else doing at feedback@islandseniorservices.org

Incredible opportunity! Matching donors will quadruple your gift!

In December, any donation to Island Senior Resources in December is quadrupled by generous donors. For every \$1 donated, Island Senior Resource receives \$4. [Click here](#) to learn the different ways to donate.

(If December is already over, you can still donate but the 2019 match will be over. [Learn more](#) about donating to Island Senior Resources.)

New Inspiration

Visit the new inspirations section of our website at
www.senior-resources.org/inspirations-blog/

Activity and Event Highlights Lunch & Learns

Community Jam Session

To all music lovers listeners, singers, and musicians: Come enjoy an open jam session at Island Senior Resources (Bayview). All skill levels welcome; come play or just come listen! Every Tuesday 2pm - 4pm at [Island Senior Resources \(Bayview\)](#).

Holiday Closure

Island Senior Resources will be closed January 1 and January 20.

Medicare 2020

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free general information seminar offered 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
- Changes for 2020
- 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.

Time and location:
Tuesday, January 21, 1 p.m.
Oak Harbor Senior Center
51 SE Jerome St.
Oak Harbor

Living Well with Chronic Pain 6-Week Workshop

Learn skills critical to managing pain such as creating healthy food plans, stress management and relaxation techniques, improving communication, managing medications, working with health care providers, goal setting and problem solving. You'll also practice gentle moving exercises and benefit from support and tips from classmates.

Preregistration is required. To register or for additional information please contact Debbie Metz at 360-321-1600, press 1, then press 3.

Time and location:

Wednesdays, January 22 - February 26

1 p.m. – 3 p.m.

Oak Harbor Library meeting room

1000 SE Regatta Dr.

Oak Harbor

Multiple Sclerosis Discussions

Are you or a family member living with Multiple Sclerosis? We are partnering with Careage of Whidbey to offer 3 free webinar broadcasting events which will enable those with limited or no access to the internet the opportunity learn and discuss the topics that are offered through the MS Society website. These informative sessions are free.

Time and locations:

Thursday January 9th, Diet and Multiple Sclerosis, a Neurologists perspective.

2 p.m. - 3:30 p.m.

Careage of Whidbey (activities room)

311 Third St NE

Coupeville

Thursday Feb 13th, Topic TBD.

2 p.m. - 3:30 p.m.

Careage of Whidbey (activities room)

311 Third St NE

Coupeville

Please contact MS support group facilitator Mel Watson at 360-321-1623 for additional information.



Lunch & Learn Presentations

Located at Island Senior Resources (Bayview) location

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

- Seasonal Twilight: Navigating Life between Holidays and Summer
- Let's Get Social: A Beginner's Guide to Social Media (Part 2)
- How to Safely Use Medical Cannabis
- Green Burial

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

Occurring at Coupeville HUB for Seniors location

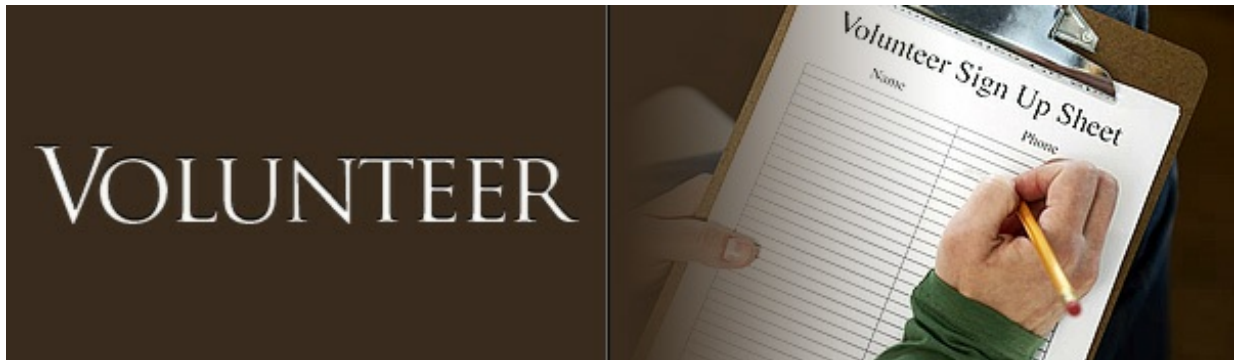
Topics presented at the Coupeville HUB for Seniors in Coupeville are:

- Starting on the Right Foot...and the Left!
- Make Yourself Count!
- Brain Boosting Nutrition & Lifestyle Tips
- From Despair to Joy

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)

Volunteer



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.

Volunteers needed to help at Leo's Place at Island Senior Resources (Bayview).

Come help prepare and serve meals – the smiles of gratitude you will receive,

and the friends you'll make are the best!

- Please contact Debbie Metz, Nutrition Director 360-321-1600.

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.

Volunteer at Senior Thrift in Freeland.

- Come in and have fun with us!
- Any hours available will help.
- Volunteers receive 25% off purchases.
- Please stop by the store and pick up an application.

Meals On Wheels drivers for Clinton and Greenbank.

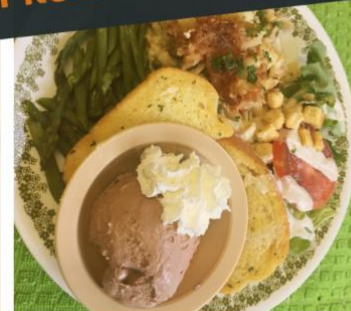
- Please contact Debbie Metz, Nutrition Director 360-321-1600.

[Learn More](#)

Nutrition



**SENIOR RESOURCES
NUTRITION PROGRAMS**





Home Delivered
Meals (Meals on
Wheels)



Community
Meals



Monthly Food
Menu



Market
Nutrition
Vouchers



Eating well is key to maintaining health and well-being. Our [Nutrition Program](#) provides meals for people 60 years and older at [community dining sites](#), or through [Meals on Wheels \(MOW\)](#) home delivered meals.

Our meals provide 1/3 of recommended daily nutritional needs for older adults.

[View Current Food Menu](#)

Inspirations, Noteworthy

Recent Articles written by our Staff and Volunteers

If Only...

by Robin Bush, Outreach Director, Island Senior Resources

A few weeks ago, I went to my high school reunion. Before I flew out to the east coast, I had been wondering, "What would any of us have in common? What could we talk about?" We all started with the obvious, "What have you been doing?" I told them I was Outreach Director for Island Senior Resources, that provides resources for seniors, adults with disabilities, and those who care for them. All being the same age with elderly parents meant this subject was rich, common ground for sharing. [\[click to continue...\]](#)

[Read More](#)

Recent Articles We Found That May Be of Interest to You

[Reflections from Living in Gratitude](#)

[In Praise of Gratitude](#)

[7 Ways to Make a Healthy Fresh Start](#)

[How to Make the Most of the Fresh Start of New Year](#)

[View Additional Articles](#)

What to learn more about all we do at Island Senior Resources?

[Click here to download our brochure](#)

Senior Thrift

Shop with a purpose: all proceeds support Island Senior Resources



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

(Store will be closing at 2 p.m. on Dec. 31 and will be closed on Jan. 1)



Want to Donate?



Support Island Senior Resources' essential programs for seniors, adults with disabilities, and those who care for them. Your help can make a difference.

Thank you for considering donating.

[Donate Now](#)

Stay Connected

Island Senior Resources on Social Media



Visit Facebook.com/islandseniors for all the happenings at Island Senior Resources



Visit Facebook.com/seniorthrift for all the Senior Thrift sales news and events



Visit us on [Instagram](#)

Support Groups

Support groups bring together people who are going through or have gone through similar experiences.

[Learn More](#)

Popular Links



[Island Senior Resources Website](#)



[Sales at Senior Thrift](#)



[Donate](#)

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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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