

## Island Senior Resources – February eNews

Providing updates on events & happenings at Island Senior Resources

### *February Greetings to you!*

*February arrives tomorrow. January this year reminded us of February last year: snow, roads covered in ice, and winds that snapped large trees. What will the next weeks hold before the crocuses come up? Whatever it is, we will get through it, together. During the January snows, a friend told me a neighbor shoveled her wheelchair ramp to her house. Someone else told me their neighbor came out in the storm to be sure they had food and heat. Neighbors helping neighbors is what it takes. We need that all year long, not just when the snow falls. Take a moment today and call a friend. Hearing someone's voice nourishes our need for connection. It won't take long, and it's important. It will make you both feel good.*

*Robin Bush  
Outreach Director*

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### **New Inspiration**

Visit the new inspirations section of our website at  
[www.senior-resources.org/inspirations-blog/](http://www.senior-resources.org/inspirations-blog/)

It has inspiring articles written by our staff and [a library of web links to great articles](#) we've found for you on the web.

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### **Holiday Closure**

Island Senior Resources will be closed on Monday, February 17 in honor of  
President's Day

## Activity and Event Highlights

### **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.

### **Locations and times**

Island Senior Resources (Bayview)

14594 SR 525

Langley

- Wednesday, February 12, 10 am - noon
- Thursday, March 12, 1 pm – 3 pm
- Thursday, April 16, 1:30 pm – 3:30 pm

Oak Harbor Senior Center

51 SE Jerome St.

Oak Harbor

- Tuesday, February 18, noon – 2 pm



### **Learn the Basics of Social Security**

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free.

No pre-registration required. For more information call 360-321-1600 ext 0.

Topic covered:

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

### **Locations and times**

Island Senior Resources (Bayview)

14594 SR 525

Langley

- Thursday, February 13, 1 pm - 2:30 pm
- Thursday, April 16, 11 am - 12:30 pm

## 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.

### Location and time

Oak Harbor Library meeting room  
1000 SE Regatta Dr.  
Oak Harbor

- Wednesdays, January 22 - February 26, 1 pm – 3 pm
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## Interested in Line Dancing?

Join a line dancing class! We have two classes - Beginner and Intermediate - so join the one that interests you the most.

### Location and times

Island Senior Resources (Bayview)  
14594 SR 525  
Langley

1. INTERMEDIATE CLASS: Mondays, 1:00 pm to 2:30 pm
  2. BEGINNERS CLASS: Mondays, 2:30 pm to 3:30 pm
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## Save The Date Pancake Breakfast!

*Donations support the Meals on Wheels program.*

### Location and time

Saturday March 14, 9 am – 11 am  
Island Senior Resources (Bayview)  
14594 SR 525  
Langley

- Saturday March 14, 9 am – 11 am
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## 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.

### Location and time

Careage of Whidbey (activities room)  
311 Third St NE

Coupeville

- Thursday February 13th, Topic TBD. 2 pm - 3:30 pm

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



### **Aging in Grace Support Group**

A general support group for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

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

### **Location and time**

Freeland Library  
5495 S. Harbor Ave.  
Freeland

- Mondays: February 10, March 9, April 13, 10 am – noon



### **Lunch & Learn Presentations**

#### **Occurring 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:

- Coping with Grief & Loss
- About Valentines
- South Whidbey Environmental Issues
- From Despair to Joy

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)*

## Occurring at Coupeville HUB for Seniors location

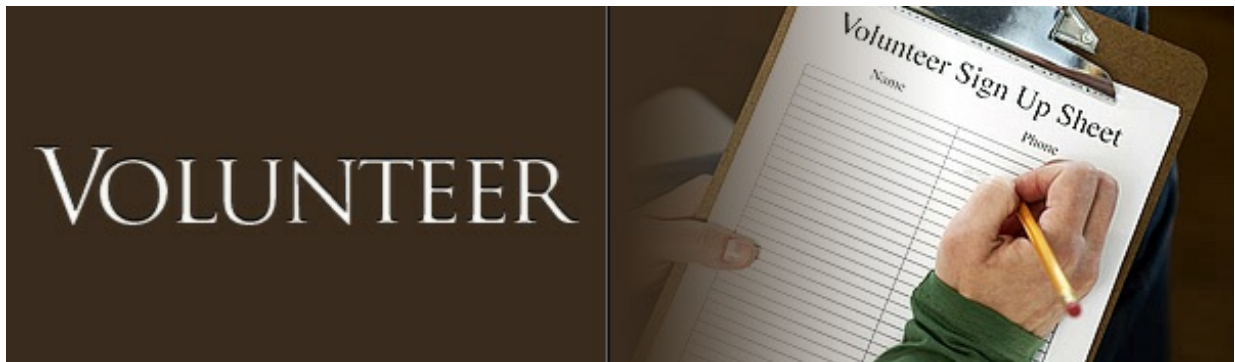
Topics and activities at the Coupeville HUB for Seniors in Coupeville are:

- Bingo
- WHY "SAIL"
- Chronic Heart Failure
- Mold in your Home

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



Eating well is key to retaining a robust immune system, and 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

Ask for What you Need and Offer What You Can

by Christina Baldwin, Island Senior Resources Board member

"Ask for What you Need and Offer What You Can", his phrase is an instruction and invitation to social exchange that lies at the core of village life. We think it's so important we're framing this year's articles around this concept and the ways we practice the [\[click to continue...\]](#)

[Read More](#)

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### Recent Articles We Found That May Be of Interest to You

[Why Should You Be on Social Media](#)

[Social Media Guidelines for Seniors](#)

[Cyber Security Guide, Email Scam Security, and Preventing Digital Theft](#)

[2019 Guide to Alzheimer's Disease and Dementia](#)

[View Additional Articles](#)

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

[Click here to download our brochure](#)

## Senior Thrift



### **Great Selection**

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.

### **Our Hours**

Monday – Saturday  
10 am to 5 pm

Sunday  
11 am to 5 pm

### **Senior Thrift Location**

### **Sales Going On Now**



Senior Thrift on Facebook

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### **PSE helps families and the environment through its 'Powerful Partnerships' program**

In addition to providing funding to nonprofits, PSE also partners with them to educate their clients, employees and donors on ways to save energy and money on their bills, as well as safety and emergency preparedness.

[Learn More \(link goes to a PSE press release\)](#)

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





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You are receiving this email because you requested it or opted in at our website: [www.senior-resources.org](http://www.senior-resources.org) to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

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