

## Island Senior Resources – March eNews

Providing updates on events & happenings at Island Senior Resources

### March Greetings

*Take a Hike – Literally!*

Go take a hike! It's not an admonishment; it's the best advice you can give yourself or someone you care about. Walking is one of the best forms of full body exercise, and Whidbey Island is a fabulous place for a walk. Join in a walk with Senior Striders every Thursday, leaving Island Senior Resources (Bayview) at 9 a.m., returning at 11 a.m. The Striders carpool to that day's walking location. Take advantage of this wonderful opportunity to share time with others, meet new friends, and get fresh air and exercise. There are always others who walk your pace. "Striders is a great group of men and women. We walk our talk and talk our walk." (participant)

See you on the trails!

Robin Bush, Outreach Director

Island Senior Resources

# ST. PATRICK'S DAY PANCAKE BREAKFAST

*to benefit Meals on Wheels*

**SATURDAY, MARCH 14TH, 9-11 A.M.**  
**LEO'S PLACE (BAYVIEW)**  
**14594 SR 525 - LANGLEY**

**DON'T FORGET TO WEAR YOUR GREEN!**  
**COME ENJOY PANCAKES, SCRAMBLED EGGS, SAUSAGES, FRESH FRUIT, & COFFEE, TEA, MILK, OR JUICE (GLUTEN FREE OPTIONS AVAILABLE), & ENTER TO WIN THEMED GIFT BASKETS!**

**\$10 SUGGESTED DONATION**

### St. Patrick's Day Pancake Breakfast

Donations support the Meals on Wheels program

Come enjoy pancakes, scrambled eggs, sausages, fresh fruit, and coffee,

team, milk or juice. \$10 suggested donation.

Location and times:

Saturday, March 14, 9 am – 11 am

Island Senior Resources (Bayview)

14594 SR 525

Langley

## 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

- 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

---

### 2020 AARP Safe Driver Course

The AARP Driver Safety Class may save you money on your car insurance, but more importantly you will refresh your driving skills and knowledge of the rules of the road. Proven methods to help keep you and your loved ones safe on the road are taught in a friendly, no-pressure environment.

Location and time:

Saturday, April 18

9 am – 5 pm

Island Senior Resources (Bayview)

14594 SR 525  
Langley

## Chronic Pain Self-Management Class

Attend this free class. Let us help you get healthy. This free workshop helps participants, and their support person, deal with the ongoing issues associated with chronic pain.

Location and time:

Tuesdays 1 pm - 3:30 pm

March 3 – April 7

The Center in Oak Harbor

51 SE Jerome Street

Oak Harbor

---

## AARP Tax Consultations



**AARP TAX CONSULTATIONS**

FEBRUARY 2-APRIL 14

CALL 360-678-3000  
APPOINTMENTS RECOMMENDED

OAK HARBOR LIBRARY: MONDAYS 1:00-7:00 P.M. & TUESDAYS 9:30 A.M.-4:30 P.M.  
THE CENTER IN OAK HARBOR: FRIDAYS 10:00 A.M.-4:00 P.M.  
COUPEVILLE LIBRARY: WEDNESDAYS 10:00 A.M.-5:00 P.M.  
ISLAND SENIOR RESOURCES (BAYVIEW): THURSDAYS 1:00 P.M.-7:00 P.M.

[Learn more](#)

---

## Living Well With Chronic Pain Workshop

# Living Well with Chronic Pain

## Workshop Series: Learn How to Self-Manage & Cope Better

During this FREE six-week workshop, learn how to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely.

Family members, friends, and caregivers are also invited to participate.

### REGISTRATION REQUIRED

To register, contact Debbie Metz at 360-321-1600 ext 1,4 or [debbiem@islandseniorservices.org](mailto:debbiem@islandseniorservices.org)

Tuesdays, 1:00 — 3:30 p.m.

March 3rd — April 7th

The Center in Oak Harbor

51 SE Jerome Street



[Learn More](#)

---

### **New! Yoga Class Support Group**

For those living with Parkinson's, challenging conditions, and caregivers.

Free! Facilitator: Joni Takanikos.

Location and time:

1st and 3rd Tuesday, 2:30pm - 3:30pm

St Augustine's in the Woods

5217 Honeymoon Bay Rd

Freeland

### **New! Peer Support Group for Professional Caregivers**

Contact Beth Rahi 360-321-1600

Location and time:

3rd Thursday of each month at 4:00 pm

Island Senior Resources

14594 SR 525

Langley

### **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.

Time and location:

Second Monday of each month, 10 am – noon

Freeland Library

5495 S. Harbor Ave.

Freeland



## 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:

- Stocks, Bonds, and the Economy Today
- Making Bird Seed Ornaments
- Let's Get Social: A Beginner's Guide to Social Media
- Reverse Mortgage
- Internet Searches: How to Find What You're Looking For

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
- To-Dos now for Your Summer Yard
- Personal Revelations
- Best Practices for Living Independently

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)*

**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](#)**

## Volunteer

Volunteering is highly satisfying work that makes a huge difference in the lives of others. We are currently seeking volunteers in the following 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.

Please [contact us](#) if you would like to volunteer in other areas.

[Learn More](#)

## Inspirations, Noteworthy

### Recent Articles written by our Staff and Volunteers

The Lightness of Letting Things Go

by Charles LaFond, ISR staff member

"My home is cluttered with love. Well, "things" really, but they are icons of love that are hard to let go of and yet, it is time to let go of things as I get older. It is time to "small" my life. Small should be a verb. These are the "letting go" years.

Recently, I finally gave [\[click to continue...\]](#)

[Read More](#)

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

[8 Signs Your loved One May have Hearing Loss](#)

[Spotting Malnutrition in Older Adults](#)

[Seven Common Myths about Parkinson's Disease](#)

[Keep it Moving! A Tough 82-year Old Woman Dispels Aging Myths](#)

[View Additional Articles](#)

## Senior Thrift



### Senior Thrift Hours

Monday – Saturday: 10 am to 5 pm

Sunday: 11 am to 5 pm

## Great Selection

Clothing, furniture, household goods, outdoor items, tools, crafts, books, jewelry and children's items. Also, a housewares department and Christmas room.

## Senior Thrift Location

## Sales Going On Now



Senior Thrift on Facebook

## 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](#)

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

[Click here to download our brochure](#)

## 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



[Island Senior Resources Website](#)



[Sales at Senior Thrift](#)



[Donate](#)

## Share This eNews

Please forward this email to people you know. Have them click "Sign up for eNews" below to sign-up for the eNews. Help us reach everyone in our community who would find this information of value.

[Sign up for eNews](#)

*[Not displaying correctly? Click to view this email as a web page.](#)*

*Copyright © 2020 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](http://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

