

## Island Senior Resources – April eNews

### Providing updates on events & happenings at Island Senior Resources

We are here for you!

Helping each other, reaching out to friends and neighbors, and relying on others is part of what it means to live in community.

Our staff is working every day. We are an essential service so our resources remain available. Although our facilities are closed to the public we are here for you! Call us at 360-321-1600 or 360-678-3373. Please read the announcements and information below about all the ways we can help you.

- For the latest updates on our services and other Island Senior Resources activities, visit the home page of the Island Resources website:  
<https://senior-resources.org/>

If you are interested in volunteering see the Volunteer section below.

You may be isolated to protect your health, but you are not alone.

Warm regards,

Robin Bush, Outreach Director  
Island Senior Resources

## How to Contact Us. Available Services

### Island Senior Resources is here for you

It's easy to feel isolated during these challenging times. Island Senior Resources is using our very best "out of the box" thinking to create innovative ways to continue to deliver services and help our community through challenging times.

Our Aging & Disability Resource Specialists are available to assist you remotely by phone at 360-321-1600 or 360-678-3373. If you have questions, they can help connect you to the resources you may need.

How to contact us for help?

**By Phone.** Resource Specialists are available to help by phone.

- Hours are Monday- Friday hours 9 am – 4 pm. Please dial 360-321-1600 and select option 0.

**By contacting us online.** To contact us through our website, [click this link](#) and then answer the questions so our team can help you.

### **What services are currently available?**

To get the most current information on what services are currently available, please visit the home page of the Island Senior Resources website:

<https://senior-resources.org/>

## **Medicare & Coronavirus**

### **Medicare**

Please know that volunteers from the **Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources**, remain on the job. We are working remotely and will respond by telephone or email regarding your Medicare concerns. This includes: enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services. If you are turning 65 or have questions about coverage for your healthcare needs, we are here to help!

**Call (360) 321-1600, option 0 or  
email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org)**

Medicare beneficiaries may be wondering if Medicare will cover coronavirus. Here is recent information provided by [Medicare.gov](https://www.medicare.gov/):

- Medicare covers the lab tests for coronavirus. You pay no out-of-pocket costs when your doctor or other health care provider orders it.
- Medicare covers all necessary hospitalizations. This includes if you're diagnosed with coronavirus and might otherwise have been discharged from the hospital after an inpatient stay, but you need to stay in the hospital under quarantine.
- At this time, there's no coronavirus vaccine, but when one becomes available, Medicare Part D will cover it.
- If you have a Medicare Advantage (MA) plan, you have access to these same benefits. Medicare allows these plans to waive cost sharing for coronavirus lab tests. Many MA plans also offer tele-health benefits.

To stay informed about Medicare coverage, read the [Medicare Coronavirus Fact sheet](#) and visit the [Medicare.gov website](https://www.medicare.gov/).

**[Learn More](#)**

## **Be on the Lookout for Fraud**

### **Be Careful**

Con artists like to take advantage of people when they're distracted so stay alert for fraud during the coronavirus nation emergency. The official U.S. government [website](#) for Medicare has useful information on this topic. You can find their information by [clicking here](#).

**[Learn More](#)**

# Nutrition



Eating well is key to retaining a robust immune system, and maintaining health and well-being.

To view the most current information on our meal programs, visit our special services website page found [here](#):

## [Services Overview](#)

# Volunteer

## **Volunteers Needed**

Can you help? Do you want to volunteer during this time of need? If yes [click here](#) to answer a few questions and let us know how you want to help.

Volunteer Now

# Inspirations, Noteworthy

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

In addition to the resources and services provided by Senior Resources, we often come across a number of other helpful resources that we feel would be of interest.

[Resilience: Build Skills to Endure Hardship](#)

[Transforming Lives Through Resilience Education – Inspiring Stories](#)

[4 Exercises You Should Do Every Day at Home](#)

[Things to Do When You're Mostly Housebound](#)

*Inclusion of this information above does not constitute an endorsement of an organization, agency, or service. Island Senior Resources offers a variety of objective information and resources for you to explore.*

View More Articles

# Want to Donate?

Become a Funding Partner - Make a Gift or Pledge Today



**Island Senior Resources is serving our community every day throughout the COVID-19 pandemic.**

**Your financial support is essential. Please help.**

[Donate Now](#)

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

[Click here to download our brochure](#)

## Island Times

### Available Online

Island Times will be distributed within the Whidbey Weekly publication this week but is on limited distribution. Copies will be available at some grocery stores. To view an online version once it is available, [click here](#).

## 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](#)

### Support Groups

Support Groups are currently closed; however, some Support Groups are meeting by phone. Please call 360-321-1600 or 360-678-3373 for additional information.

To find the most current information on our open activities and locations, visit our [special services website page](#).

## Senior Thrift



### Senior Thrift Hours

Senior Thrift is temporarily closed.

To find the most current information on our open activities and locations, visit our [special services website page](#).



Senior Thrift on Facebook

### Senior Thrift Location

## Popular Links

[Island Senior Resources Website](#)

[Sales at Senior Thrift](#)

[How to Donate](#)

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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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